



CLASSIC
COOKING
with the

1ST



Expression of Appreciation

Our organization wishes to express our sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.

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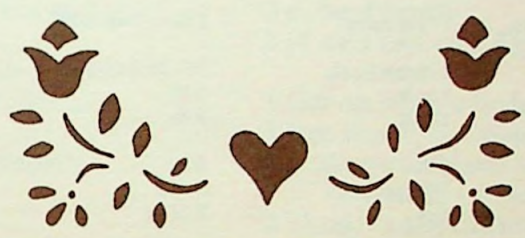
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FAVORITE RECIPES

FROM MY COOKBOOK

[illegible]



Soups, Salads,
Vegetables



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1 ½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1 ½ quarts	2 ½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 ¾ to 2 quarts	2 ½ to 4 quarts
Jams & Preserves	1 ½ lb.	3 lb.	6 lb.
Crackers	1 ½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 ½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2 ½ pt.	½ gal.
Meat, Poultry or Fish:			
Wieners (beef)	6 ½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7 ½ pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4 ¼ quarts	2 ¼ gallons	4 ½ gallons
Scalloped Potatoes	4 ½ quarts or 1 12x20" pan	8 ½ quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1 ¼ gallons	2 ½ gallons	5 gallons
Baked Beans	¾ gallon	1 ¼ gallons	2 ½ gallons
Jello Salad	¾ gallon	1 ¼ gallons	2 ½ gallons
Canned Vegetables	1 #10 can	2 ½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6 ¼ lb.	12 ½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37 ½ pounds	75 pounds	150 pounds
Fruit Cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1 ½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1 ½ to 2 pints	3 pints
Ice Cream:			
Brick	3 ¼ quarts	6 ½ quarts	12 ½ quarts
Bulk	2 ¼ quarts	4 ½ quarts or 1 ¼ gallons	9 quarts or 2 ½ gallons
Beverages:			
Coffee	½ pound and 1 ½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	½ pound and 1 ½ gal. water	½ pound and 3 gal. water	½ pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 ½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

SOUPS, SALADS, VEGETABLES

SNAKE OIL WILLIE'S CHILLI

6 lb. beefalo, ground	2 Tbsp. paprika
12 Tbsp. ground red chile (a combination of hot and mild, to taste)	2 Tbsp. cider vinegar
6 Tbsp. ground cumin	3 c. beef broth
6 small cloves garlic, finely chopped	1 (4 oz.) can diced green chiles, drained
2 medium onions, coarsely chopped	1 (16 oz.) can whole tomatoes
Water	1 tsp. liquid hot pepper sauce
6 dried whole red chiles, crushed	2 c. Wayward Gun's chili beans (see recipe following)
2 Tbsp. dried oregano (preferably Mexican), brewed like tea in 1 c. warm beer (aka snake oil)	2 Tbsp. masa harina (corn flour)

Place the meat and onions in a deep skillet over medium heat; add the ground chile, cumin and garlic. Stir to blend. Cook until the meat is evenly browned. Add a small amount of water to barely cover. Bring to a boil, then lower the heat and simmer, uncovered, for 30 to 45 minutes. Stir the crushed red chiles into the meat mixture. Strain the oregano-beer "tea" and stir the liquid into the pot; discard to oregano. Stir in the paprika, vinegar, 2 cups of beef broth, diced chiles, tomatoes, beans, and hot pepper sauce. Simmer, uncovered, for 30 to 45 minutes longer, or until the crowd demands to be fed, whichever comes first. Stir often.

Dissolve the masa flour in the remaining 1 cup of broth. Stir it into the pot and simmer, uncovered, ½ hour longer. This mixture guaranteed to cure Malaria, Hysteria, Psychosis, Neurosis, Sneezes, Wheezes, and "various" diseases.

Snake Oil Willie aka Jim Ruble, Rosita aka Debbie Cowl, Wayward Gun aka Linda McFarland, Princess Taquala aka Amy Babb

WAYWARD GUN'S CHILI BEANS (As best as I can remember)

Bag of brown pinto beans
Pork burger

Salt and pepper

Wash and soak beans overnight in soda water; drain part of the soda water off and add some fresh water. Cook beans slow for several hours. Brown pork burger in iron skillet; season with salt, pepper, sage, marjoram, oregano, cumin, dry mustard, chili powder, and anything else that looks good. Add chopped onion, green chiles and tomatoes, along with an extra can or two of just plain green chiles. Taste it, then add what you think it needs. (Probably a shake or two of crushed red peppers.)

If you have the meat seasoned the way you want it, then add a little tomato paste. After this is cooked into a thick mixture, add it to your beans. Cook long and slow. (Just taste and add, taste and add, until you think it's right!)

Wayward Gun aka Linda McFarland

BRAN NEW CHILI

- | | |
|---|--|
| 1 tsp. salt | 2 tsp. chili powder |
| 1 clove garlic, minced | 1 (8 oz.) can tomato sauce |
| ¾ c. chopped onion | 1½ c. Bran Chex cereal |
| 1 lb. lean ground beef | ¼ tsp. ground cumin |
| ¼ c. chopped green pepper | Dash of cayenne pepper |
| 1 (16 oz.) can tomatoes, broken up
(undrained) | 1 (15¾ oz.) can chili hot beans
(undrained) |

Cook and stir ground beef, onion and garlic in large saucepan until meat is browned and onion is tender; drain fat. Add remaining ingredients, except beans. Simmer, covered, 30 minutes; stir occasionally. Stir in beans. Continue to simmer, covered, an additional 30 minutes. Stir occasionally. Makes 6½ cups.

Cindy Jones

REBEL CHILI

- | | |
|-------------------------|---------------------------------|
| 4 lb. ground beef | 1 large onion, chopped |
| 2 cloves garlic, minced | 2 tsp. salt |
| 2 tsp. pepper | 2 tsp. sugar |
| 1 tsp. oregano | ½ to 1 tsp. ground cumin |
| 3 Tbsp. chili powder | 6 tsp. paprika |
| 1 tsp. A.1. Steak Sauce | 1 tsp. Worcestershire sauce |
| ½ to 1 Tbsp. Tabasco | 1 (12 oz.) can tomato paste |
| 8 c. water | 2 cans kidney beans (undrained) |

Brown meat and drain; add next 13 ingredients. Simmer 20 minutes; add water and beans. Lower heat and cook 1 to 2 hours; skim off grease. Recipe can easily be halved.

Stephanie Conkright

ELEPHANT STEW

- | | |
|--|----------------------|
| 1 elephant (medium) | 30 gal. water |
| 2 pickup loads onions, potatoes
and carrots | Salt and pepper |
| | 2 rabbits (optional) |

Cut up elephant in bite-size pieces (should take about 2 months). Cover with water and vegetables, salt and pepper to taste and simmer for 4 weeks. If you are expecting more, 2 rabbits may be added. But do not add rabbits unless it is absolutely necessary since most people do not like to find hare in their elephant stew.

Jim Ruble

FIVE HOUR OVEN STEW CASSEROLE

2 lb. stew meat
1 large onion
1/2 pkg. frozen peas
2 large carrots

2 large potatoes, quartered
1 tsp. salt
1 can cream of mushroom soup
1 soup can water

Brown stew meat. Combine all ingredients. Cover and bake 5 hours at 375°.

Terri Bloomer

CATHY'S CASUAL STEW

1/2 can corn
1 large can V-8 juice
1/2 can green beans
1/2 can peas
1 small can sliced carrots

1 lb. hamburger
1 1/2 c. wide egg noodles
1 c. Lipton vegetable soup (1 pkg.
Lipton soup + 1 c. water)

Brown hamburger; drain. While browning hamburger, cook noodles; drain. In large 2 quart pan, add hamburger, noodles, vegetables, and V-8 juice. Mix 1 package Lipton soup mix in with 1 cup water, then add to the stew. Cook over medium heat to a boil, then simmer till ready to serve.

Stacey Hobbs

BUSY-DAY OVEN STEW

Part 1:

1 (28 oz.) can tomatoes
1/2 can beef consomme
1/2 c. white wine
4 Tbsp. tapioca
1 Tbsp. brown sugar (optional)
1 bay leaf

1 tsp. salt (for each pound of meat)
1 tsp. MSG
1 tsp. Spice Island Beau Monde
1/2 c. prepared bread crumbs
3 to 4 potatoes, peeled and
quartered (optional)

Part 2:

3 lb. stew meat
3 large carrots, cut in chunks
1 (16 oz.) can small onions,
drained

1 (16 oz.) can tiny peas, drained
1 (16 oz.) can small green beans,
drained

Put in the oven when you leave and come home to a delicious meal.

Heat oven to 250°. Stir the first part together in a Dutch oven. Place Part 2 on top of Part 1 - don't stir. Cover with a tight lid and cook for 7 to 8 hours. Yield: 8 servings.

Do not drain onions, peas and beans if potatoes are used.

Woody Tucker

HOBO STEW

1 lb. hamburger
Onions
1 can Mexican beans
Salt and pepper
½ to ¾ c. water

Tomatoes
Lettuce
Cheese
Corn chips

Brown hamburger and season with salt, pepper and onions; drain off fat. Pour in Mexican beans and water. Simmer until beans are done. Serve over corn chips; top with lettuce, tomatoes and cheese.

Alisa Muir

PAPRIKA STEW

2 lb. lean beef
2 Tbsp. margarine or oil
2 large red onions, sliced
2 tsp. salt
1 Tbsp. paprika
1 (3 oz.) can tomato paste
½ tsp. caraway seeds

½ c. dry red wine
¾ can beef bouillon
6 medium parboiled potatoes, cut
into pieces
1 Tbsp. butter
½ tsp. paprika
2 Tbsp. warm water

Cut beef into 1½ inch cubes. In large skillet, melt margarine, saute onions and beef until brown, stirring. Season with salt, 1 tablespoon paprika, tomato paste, caraway seeds, red wine, and enough bouillon to cover. Simmer, covered, for 2 to 3 hours, adding more bouillon and wine if needed.

When meat is tender, add potatoes and mix; cook 10 minutes more. Just before serving, melt butter in small saucepan and stir in ½ teaspoon paprika and warm water, a tablespoon at a time. Pour into stew. Serve. Yield: 4 to 6 servings.

Woody Tucker

STEAK SOUP

1 stick margarine
1 c. flour
2 lb. ground beef
1 c. onions, parboiled
1 c. carrots, parboiled
1 c. celery, parboiled

2 c. frozen mixed vegetables
1 can tomatoes, cut up
1 Tbsp. Accent
1 small jar liquid BV sauce
1 tsp. black pepper

Melt margarine and whip in the flour to make a smooth paste; stir in ½ gallon water. Saute the ground beef; drain off grease, and add to liquid. Add the parboiled vegetables. Add the frozen mixed vegetables, tomatoes, Accent, BV sauce, and pepper. Bring to a boil. Reduce to simmer and cook for about 3 hours. This can be frozen for later use. *Do not salt.*

Terry Edwards

PLAZA III STEAK SOUP

- | | |
|-----------------------|-----------------------------------|
| 1 stick margarine | 1 box frozen mixed vegetables |
| 1 c. flour | ½ c. canned tomatoes, drained |
| 10 c. water (divided) | 4 Tbsp. instant beef bouillon |
| 1 carrot, diced | 1 lb. sirloin or top round steak, |
| 1 onion, diced | diced |
| 1 stalk celery, diced | Salt and pepper to taste |

In large Dutch oven or kettle, melt margarine; stir in flour and 2 cups water. When blended, add 8 cups water and other ingredients, except steak. Saute diced steak; drain off fat and add salt and pepper. Add to soup and simmer for 2 hours.

Don Adams

TACO SOUP

- | | |
|--|----------------------------|
| 1½ lb. ground beef | 1 (8 oz.) can tomato sauce |
| ½ c. chopped onion | 1 pkg. taco seasoning |
| 1 (28 oz.) can whole tomatoes with juice | 1 to 2 c. water |
| 1 (14 oz.) can kidney beans with juice | Salt and pepper to taste |
| 1 (17 oz.) can whole grain corn with juice | 1 c. grated Cheddar cheese |

Brown ground beef in large heavy kettle; drain and add onions. Cook until onions are tender. Add remaining ingredients, except cheese. Simmer for 15 minutes. Ladle into bowls; top with the grated cheese. Yield: 6 to 8 servings.

Donna Callahan

V-8 SOUP

- | | |
|----------------------------|--------------------------------|
| Large can V-8 | 2 potatoes, cubed |
| 1 lb. hamburger, browned | 2 carrots, cut in small pieces |
| 1 can cream of celery soup | Salt and pepper to taste |

Combine all ingredients in a large pot. Cook until carrots and potatoes are tender.

Cindy Jones

COLD DAY POTAGE

- | | |
|---|---|
| 1½ lb. dried Great Northern (white) beans | 1 Tbsp. sugar |
| Water (enough to cover beans) | 2 Tbsp. Lawry's seasoned salt (more if needed) |
| 2 large smoked sausage rings, chopped (Hillshire Farms brand) | Cracked black pepper to taste |
| 2 large onions, chopped | 2 cans chicken broth (makes richer broth, if using chicken broth, omit seasoned salt) |
| 3 carrots, chopped | |

Garnish:

Monterey Jack cheese, grated
Green onions, chopped

Jalapeno peppers, chopped

Wash beans and soak overnight, well covered, in water. Drain and wash beans again in fresh water. Combine ingredients; cover with water and cook until beans and vegetables are tender. If necessary, add more water while beans are cooking. To serve, garnish with the grated cheese, chopped onions and chopped jalapenos.

Betty Schaffter

HEARTY CHICKEN 'N RICE SOUP

1 (13 $\frac{3}{4}$ oz.) can chicken broth	$\frac{1}{2}$ c. carrot slices
2 c. cold water	$\frac{3}{4}$ lb. Velveeta cheese, cubed
$\frac{1}{2}$ c. uncooked rice	1 $\frac{1}{2}$ c. chopped, cooked turkey or chicken
$\frac{1}{2}$ c. celery slices	
1 (4 oz.) can mushrooms, drained	

In large saucepan, combine broth, water, rice, celery, and carrots; bring to boil. Cover; simmer 20 to 25 minutes or until vegetables and rice are tender. Add remaining ingredients; stir until cheese is melted.

Stephanie Conkright

CHEESY CHOWDER

1 c. chopped potatoes	$\frac{1}{2}$ c. grated carrot
$\frac{1}{2}$ c. celery, chopped	$\frac{1}{2}$ c. chopped onion
$\frac{1}{2}$ c. chopped green pepper	4 Tbsp. margarine
3 c. chicken broth	Dash of pepper
2 c. milk	$\frac{1}{2}$ c. flour
12 oz. shredded sharp American cheese	1 Tbsp. parsley

In Dutch oven, cook potatoes and other vegetables in butter until tender, but not brown; add broth and pepper. Cover and simmer 30 minutes. Blend together milk and flour; add cheese and parsley. Stir into chowder; cook and stir until thickened.

Stephanie Conkright

CAULIFLOWER SALAD

$\frac{1}{4}$ c. (or less) sugar	1 small onion, diced
1 c. Miracle Whip	6 slices (more or less) bacon, cooked and crumbled
Large head cauliflower	1 c. Cheddar cheese
1 green pepper, chopped	

In small bowl, combine Miracle Whip and sugar. In large bowl, combine cauliflower, green pepper, onion, bacon, and cheese. Pour dressing over cauliflower mixture. Refrigerate 3 to 4 hours.

Stephanie Conkright

BACON-CAULIFLOWER TOSS

1/2 medium bunch romaine lettuce,
torn into bite-size pieces
8 slices crisp bacon, crumbled
1/2 small head cauliflower, broken
into tiny flowerets (approx. 2
c.)

1/4 c. sliced radishes
1/4 c. mayonnaise
1/4 c. dairy sour cream
2 green onion (approx. 2 Tbsp.)
1/4 tsp. dried dill weed
Freshly ground pepper

Layer half each of the romaine lettuce, bacon and cauliflower in a glass salad bowl. Top with radishes and the remaining romaine lettuce, bacon and cauliflower. Mix mayonnaise, sour cream and onion; drop by spoonfuls onto cauliflower. Sprinkle with dill weed and pepper. Cover and refrigerate at least 2 hours. Just before serving, toss.

Kim Schrag

BROCCOLI SALAD

1 large head broccoli
8 to 10 slices bacon, chopped
1/2 red onion, chopped
1 c. raisins

1 c. mayonnaise
1/2 c. sugar
2 Tbsp. vinegar

Fry bacon until crisp and crumble. Combine broccoli, bacon and raisins in large bowl. Mix mayonnaise, sugar and vinegar together; pour over broccoli salad. Marinate 1 to 3 hours before serving.

Brandon Mace

COLE SLAW

1 1/2 lb. shredded cabbage
2/3 c. sugar
1 c. whipping cream

1 tsp. salt
1/3 c. vinegar

Place shredded cabbage in covered dish. Mix remaining ingredients and add to cabbage. Chill for several hours.

Lynne Miller

FROZEN CRANBERRY SALAD

1 (8 oz.) cream cheese
1 Tbsp. mayonnaise
2 Tbsp. sugar
1 can whole cranberries
1 can crushed pineapple, drained

1 tsp. vanilla
1/2 c. chopped nuts
1/2 c. powdered sugar
1 c. whipped cream (Cool Whip)

Beat together cream cheese, mayonnaise and sugar; add cranberries, pineapple, vanilla, and nuts. Fold in powdered sugar and whipped cream. Freeze at least 6 hours.

Lisa Rexroad

CRANBERRY SALAD

Bottom layer:

1 pkg. raspberry jello
1 c. boiling water

1 can cranberry sauce
1/2 c. chopped celery

Set in refrigerator in 9x9 inch square dish until set.

Top layer:

1 pkg. lemon jello
1 pkg. vanilla pudding and pie
filling

1 Tbsp. cornstarch
3 c. water

Bring to a boil, while stirring. Chill until set. Fold in 1 carton Cool Whip into top layer; set in fridge overnight. To serve, cut in squares.

Karen Williams

COOL CUCUMBER SALAD

1 c. lowfat yogurt
2 Tbsp. lemon juice
1 tsp. sugar

2 cucumbers, peeled and sliced
thin
Salt and pepper

Blend yogurt, lemon juice, sugar, salt, and pepper in a large bowl; add cucumber slices to yogurt mixture. Mix gently to coat. Chill until ready to serve. Garnish with a sprinkle of paprika.

Stacy Rice

CUCUMBER SALAD

1 c. grated cucumber
2 Tbsp. grated onion
3/4 c. salad dressing
1 c. cottage cheese

2 grated carrots
1 pkg. lemon or lime jello
3/4 c. boiling water

Dissolve jello in boiling water. Cool to lukewarm and add remaining ingredients. Set in refrigerator overnight.

Karen Williams

SPINACH SALAD

2 (10 oz.) pkg. frozen spinach
3 boiled eggs
1/2 c. celery
1 c. grated cheese
1/2 c. onion

1 c. salad dressing
1/2 tsp. salt
1/2 tsp. Tabasco sauce
2 tsp. vinegar

Drain spinach and blot with paper towel. Chop celery, onion and eggs. Mix all ingredients together in large bowl. Store overnight in refrigerator for best flavors.

GREEN BEAN SALAD

3 cans French style seasoned
green beans, drained
1 c. mayonnaise
1 medium ctn. sour cream

1 pkg. Hidden Valley party mix
1 Tbsp. dill weed
A little fresh onion, chopped fine

Mix all ingredients together. In green bean season you can use fresh cooked green beans.

GREEN SALAD

1 c. water
1 small pkg. lime Jell-O
1 large ctn. cottage cheese
1 small onion, grated

1 cucumber, grated
1 c. Miracle Whip
1 tsp. salt

Dissolve Jell-O in boiling water; add all other ingredients. Stir well until blended. Chill overnight.

Julie Smith

LAYER LETTUCE SALAD

1 head lettuce
1/2 c. sliced radish
4 hard-boiled eggs, sliced
1/2 c. chopped green pepper
1/2 c. chopped green onion
1/2 c. Cheddar cheese

6 Tbsp. bacon bits
1 (10 oz.) pkg. frozen peas
1/4 c. shredded cheese (for top)
1 pt. mayonnaise with 2 Tbsp.
sugar added

Shred 1 head of lettuce into 9x13 inch pan. Layer on radishes, green pepper, onion, eggs, cheese, bacon bits, and frozen peas. Spread mayonnaise to seal. Refrigerate at least 12 hours. Top with 1/4 cup shredded cheese.

Amy Babb

RASPBERRY SPINACH

2 Tbsp. raspberry vinegar
2 Tbsp. raspberry jam
1/3 c. vegetable oil
6 c. fresh spinach, rinsed,
stemmed and torn into pieces

3/4 c. coarsely chopped
macadamia nuts
1 c. fresh raspberries
3 kiwis, peeled and sliced

To prepare dressing, combine vinegar and jam in blender or small bowl; add oil in a thin stream, blending well. Toss spinach, 1/2 of the nuts, 1/2 of the raspberries, and 1/2 of the kiwis with dressing on a platter or in a flat salad bowl. Top with remaining nuts and fruit. Serve immediately. Serves 6 to 8.

Note: May use strawberries, strawberry jam and strawberry vinegar instead of the raspberries.

Terry Edwards

SWEET AND SOUR BEAN SALAD

2/3 c. vinegar
1/2 c. salad oil
3/4 c. sugar
1 tsp. salt
1/8 tsp. pepper

1 can kidney or pinto beans
1 can green beans
1 can wax beans
1 green pepper, diced
1 small onion, diced

Combine vinegar, salad oil, sugar, salt, and pepper in a saucepan; bring to a boil. Mix together drained beans, pepper and onion; pour dressing over them. Let mixture stand at least overnight in refrigerator.

Joy Ankerholz

TACO SALAD

1 large can refried beans
12 oz. sour cream
1 bunch green onions, chopped
1 green pepper (optional)
5 or 6 yellow chili peppers

1 (8 oz.) jar *mild* taco sauce
2 or 3 tomatoes, diced
1 small head lettuce, chopped fine
1 large pkg. cheese (Cheddar or Longhorn), grated

Spread refried beans as bottom layer in a 9x13 inch tray or pan; spread sour cream as next layer. Add chopped onions and chili peppers. Pour taco sauce over and layer with tomatoes and lettuce and top with cheese. Yield: 12 to 14 servings.

Cindy Ballard

EASY TACO SALAD

1 head crisp lettuce
1 can chili beans
1/2 pkg. broken corn chips

Grated Cheddar cheese
Ott's French dressing

Toss beans and lettuce; add cheese. Just before serving, add chips and cover with dressing.

Jo Horn

BAKED CHICKEN SALAD

6 c. cubed, cooked chicken
3 c. chopped celery
2 (8.5 oz.) cans water chestnuts, chopped
1 1/2 c. toasted almonds, chopped
1 1/2 tsp. salt
6 Tbsp. grated onion

1 1/2 c. chopped green pepper
1 c. mayonnaise
6 Tbsp. chopped pimento
6 Tbsp. lemon juice
1 1/2 cans cream of chicken soup (undiluted)

Combine ingredients. Microwave on HIGH for 5 minutes; stir. Microwave on MEDIUM until bubbling. Add topping of 1 1/2 cups grated Cheddar cheese and 4 cups crushed potato chips, mixed together. Put under broiler until browned lightly. Instead of microwaving salad, it may be baked at 350° for 30 minutes.

Nancy Shears

HOT CHICKEN SALAD

- | | |
|--|---|
| 2 c. cut up chicken (3 breasts) | 1/3 c. green pepper (optional) |
| 2 c. sliced celery, cut fine | 2 tsp. lemon juice |
| 1/2 c. Hellmann's mayonnaise | 1/2 c. slivered almonds |
| 2 Tbsp. chopped red pimento (optional) | 1 pkg. Swiss cheese (no holes), pasteurized |
| 2 Tbsp. chopped onion | |

Toss the preceding ingredients (except the cheese) together lightly; put in casserole. Put slices of cheese over the top, then top with 1 cup Ritz cracker crumbs, mixed with 1/4 cup butter (melted). Bake at 350° for 35 to 45 minutes.

Val Vonderheide

SEAFOOD PASTA SALAD

- | | |
|--|---|
| 1/2 c. Miracle Whip salad dressing | 1 c. broccoli flowerets, partially cooked |
| 1/4 c. "Zesty" Italian dressing | |
| 2 Tbsp. grated Parmesan cheese | 1/2 c. chopped green pepper |
| 2 c. (8 oz.) corkscrew noodles, cooked and drained | 1/2 c. chopped tomato |
| 1 1/2 c. (8 oz.) chopped imitation crabmeat | 1/4 c. green onion slices |

Combine dressing and cheese; mix well. Add remaining ingredients; mix lightly. Chill.

Shirley Fiffe

HOLLY'S MAC SALAD

- | | |
|------------------------|---------------------|
| 3 c. uncooked macaroni | 1 1/4 c. mayonnaise |
| 1/2 c. milk | 2 medium tomatoes |
| 1 cucumber | 1/2 medium onion |
| 1/2 c. sugar | 1/4 tsp. salt |

Cook macaroni according to package directions and drain. Dice tomatoes, cucumber and onion. Add all ingredients and mix well together; chill.

Kim Schrag

MACARONI SALAD

- | | |
|---|-----------------------------|
| 1 (8 oz.) pkg. spiral macaroni (vegetable flavored) | 1 medium red onion, chopped |
| 2 carrots, grated | 1/2 can Eagle Brand milk |
| 1 green pepper, chopped | 1/2 c. white vinegar |
| | 1/4 c. sugar |

Cook macaroni; drain, rinse and cool. Combine with carrots, green pepper and onion. Combine the Eagle Brand milk, vinegar and sugar. Pour over other ingredients and mix well. Chill for at least 4 hours before serving. Vegetables are optional.

Carol J. Miller

TINY MACARONI SALAD

Combine and cook:

1 c. sugar
3 egg yolks
½ tsp. salt

2 Tbsp. flour
1¾ c. pineapple juice

Cook 1 box spezzello (tiny macaroni), salt and water; rinse and drain. Pour over other ingredients and mix well. Refrigerate overnight. Can be frozen. Mix in large pan or roaster.

In morning, add:

2 cans mandarin oranges, drained
1 (No. 1) can crushed pineapple,
drained

1 (9 oz.) Cool Whip
1 (10 oz.) pkg. miniature
marshmallows

Mix well and chill. Serve on lettuce leaf or as dessert.

Dee Kness

DOT'S SPAGHETTI SALAD

1 (10 oz.) pkg. thin spaghetti
2 Tbsp. oil
2 Tbsp. lemon juice
1 small onion
1 c. black olives, chopped

1 c. green olives, chopped
½ c. pimento, chopped
1 c. celery, chopped
½ c. mayonnaise
½ c. creamy Italian salad dressing

Cook spaghetti in enough water to cover until water is boiled away (add pinch of salt and oil to water before adding spaghetti). Don't rinse; cool and add lemon juice and stir. Cool in refrigerator overnight. Add chopped onion, olives, pimento, and celery. Just before serving, add mayonnaise and salad dressing and toss.

Karen Jacobs

SPAGHETTI SALAD

1 (10 oz.) pkg. spaghetti
1 tsp. seasoning salt
1 (8 oz.) bottle creamy Italian
salad dressing

1 tomato
1 green pepper
1 small onion
1 cucumber

Cook and drain spaghetti until cool. Chop vegetables and add to spaghetti along with remaining ingredients. Refrigerate several hours or overnight. (The longer the better.)

Cathy Lilley

SPAGHETTI SALAD

- | | |
|----------------------|----------------------------------|
| 1 pkg. spaghetti | 1/2 c. green pepper, chopped |
| 1 Tbsp. Accent | 1/2 c. onion, chopped |
| 2 Tbsp. season salt | 1 1/2 c. Miracle Whip (not mayo) |
| 3 Tbsp. lemon juice | 1 small jar green olives, sliced |
| 4 Tbsp. oil | 1 small jar pimentos |
| 1 c. celery, chopped | |

Cook spaghetti and drain. Add all ingredients and mix well. Let stand overnight before serving.

Betty Schaffter

MOSTACCIOLI SALAD

- | | |
|---------------------------|------------------------|
| 1 lb. mostaccioli noodles | 1 1/2 c. cider vinegar |
| 1 1/2 c. sugar | 1 tsp. salt |
| 1 tsp. pepper | 1 tsp. Accent |
| 2 tsp. prepared mustard | 1 tsp. garlic salt |
| 1 onion, chopped | 2 cucumbers, chopped |

Prepare noodles as directed on package. Combine other ingredients; add noodles. Add parsley flakes and pimentos to taste. Refrigerate overnight before serving for better flavor.

Cindy Ballard

BANANA-PEANUT SALAD

- | | |
|----------------------|-------------------------------|
| 3 to 4 large bananas | 1 c. (or more) salted peanuts |
|----------------------|-------------------------------|

Dressing:

- | | |
|-----------------|--------------------|
| 1 Tbsp. vinegar | 2 Tbsp. flour |
| 1/2 c. water | 1 1/2 Tbsp. butter |
| 1/2 c. sugar | 2 egg yolks |

Mix vinegar, sugar, flour, and water together in medium saucepan; add butter. Cook over medium heat until it begins to thicken. Pour egg yolks slowly into mixture and cook until thick and creamy; cool. Pour over sliced bananas and peanuts; stir and refrigerate.

Dressing can be made ahead. Salad best when mixed the same day it is to be served.

Optional: May be topped with Cool Whip.

Ann Gee

CHERRY BANANA SALAD

1 (3 oz.) pkg. cherry jello
1 can cherry pie filling

2 bananas, sliced
 $\frac{1}{3}$ c. chopped nuts

Dissolve jello in 1 cup hot water; add cherry pie filling. Let set until cool. Add sliced bananas and nuts. Refrigerate.

Rose Hughes

COTTAGE CHEESE SALAD

1 medium can pineapple (chunk or
crushed)
 $\frac{1}{2}$ c. sugar

1 pkg. Jell-O (strawberry)
1 (8 oz.) ctn. Cool Whip
1 or $1\frac{1}{2}$ c. cottage cheese

Mix pineapple juice and all with sugar and bring to a boil until sugar is dissolved. Add 1 package Jell-O mix and let cool. Whip Cool Whip and add to cooled pineapple mixture. Add cottage cheese and mix well. Refrigerate until set.

Shelley Sporn

CRANBERRY YUM-YUM

1 lb. cranberries, ground
1 lb. marshmallows (small)
 $1\frac{1}{2}$ c. sugar
 $\frac{3}{4}$ c. nuts

1 (No. 2) can crushed pineapple,
drained
1 pt. whipping cream or Cool
Whip

Mix together and refrigerate.

Dee Kness

EASY FRUIT SALAD

1 pkg. frozen strawberries
1 can crushed pineapple with juice
1 can mandarin oranges, drained

2 or 3 bananas, sliced
1 pkg. *instant* lemon pudding

Mix all ingredients together, but don't add bananas until just before serving.

Lori Cox

FRUIT SALAD

Salad:

2 cans mandarin oranges
3 small bananas, sliced

$\frac{1}{2}$ jar maraschino cherries

Gently toss salad ingredients together (or any other fruits of your choice).

Dressing:

- | | |
|------------------------|----------------------------------|
| 1 mashed banana | 1/2 c. mayonnaise |
| 1 tsp. vinegar | 1/4 c. chopped pecans or walnuts |
| 3 Tbsp. powdered sugar | |

Mix dressing ingredients and fold into fruit.

Anita Graber

MOM'S FROZEN FRUIT SALAD

- | | |
|--|--|
| 3 c. sugar | 1 large can crushed pineapple and juice |
| 3 c. boiling water | 1 large size jar maraschino cherries, cut up |
| 1 (12 oz.) can frozen orange juice, thawed | 6 bananas, cut up |
| 1 (12 oz.) can water | |

Mix all ingredients and put in desired containers and freeze. Stir often while freezing.

Karen Henson

FRUIT CUP

- | | |
|---|------------------------------|
| 1 large cantaloup, cut in chunks | 3 to 4 fresh peaches, sliced |
| 1 (11 oz.) can mandarin oranges (undrained) | 1/2 c. sugar |
| 1 (20 oz.) can pineapple chunks, drained | 1/3 c. lemon juice |

Combine; chill. Keeps well in refrigerator 4 to 5 days.

Lois Veatch

FROSTED SALAD

- | | |
|--------------------|--|
| 1 pkg. lemon jello | 1 (20 oz.) can crushed pineapple, drain (save juice) |
| 1 pkg. lime jello | 1 c. miniature marshmallows |
| 2 c. boiling water | 4 large bananas, sliced |
| 2 c. 7-Up | |

Mix gelatin with boiling water; dissolve and cool. Stir in 7-Up and partially set in 9x13 inch pan. Fold in crushed pineapple, marshmallows and bananas. Let congeal and frost with topping.

Topping:

- 1 medium size ctn. Cool Whip
1 small can Borden's sweetend condensed milk

Mix together and spread over salad when set; sprinkle with cheese.

Marcia Pritchett

MANDARIN ORANGE SALAD

1 large ctn. cottage cheese
1 small orange jello

1 ctn. Cool Whip
1 can mandarin oranges (optional)

Mix Cool Whip with dry jello and cottage cheese; stir in drained oranges.

Jo Horn

ORANGE JELLO SALAD

2 small pkg. orange Jell-O
2 c. hot water
1 c. apricot nectar
1 small can crushed pineapple,
drained

1 c. apricot pieces, drained
1 can mandarin oranges, drained

Mix Jell-O and refrigerate until set.

Topping:

½ c. sugar
1 beaten egg
3 Tbsp. flour

1 c. apricot nectar
Grated cheese
Cool Whip

Mix first 4 ingredients of topping; cook until thick. Cool; fold in 1 cup whipped cream or Cool Whip. Spread on Jell-O and sprinkle with grated cheese. Makes a big salad (9x13 inches).

Lois Veatch

PISTACHIO SALAD

1 (15¼ oz.) can crushed
pineapple, drained
½ c. nuts, chopped
½ c. small marshmallows

1 pkg. instant pistachio pudding
mix
1 (8 oz.) ctn. whipped topping

Mix all ingredients, except pudding and topping. Sprinkle dry pudding over mixture; stir. Fold in whipped topping; turn into container. Chill or freeze. Keeps well in refrigerator.

Shirley Fiffe

RED HOT SALAD

⅓ c. red hots
1 c. water

1 small pkg. cherry Jell-O
1 can applesauce

Melt red hots in water; bring to boil. Remove from heat; add cherry Jell-O and stir until dissolved. Add applesauce and stir until well blended. Chill overnight.

Julie Smith

SUGAR FREE RED TOP JELLO SALAD

- 1 small pkg. (sugar free) orange jello
- 2 small pkg. (sugar free) cherry jello
- 1 (3 oz.) pkg. cream cheese

- 1 pkg. D-Zerta whipped topping mix
- 1 small can unsweetened crushed pineapple, drained

1. Mix 1 package cherry jello with $1\frac{1}{2}$ cups of hot water; pour into 9x9 inch pan. Chill until completely set.

2. Mix 1 package of orange jello with 1 cup hot water and pineapple juice; let set until slightly set. Beat until fluffy. Add softened cream cheese and drained pineapple. Whip D-Zerta topping and add to pineapple mixture. Spread over cherry jello; let set till firm.

3. Mix second package of cherry jello with $1\frac{1}{2}$ cups hot water; let cool. Pour over the orange jello mixture to make third layer; let set till firm.

Carol Joy Miller

DELIGHT SALAD

- 1 pkg. orange Jell-O
- 1 c. apricots, cut in halves
- 1 c. water

- 1 c. apricot juice
- 1 c. chunk pineapple

Topping:

- 1 egg, beaten
- 2 Tbsp. sugar
- 2 Tbsp. butter (heaping)
- 1 Tbsp. flour (heaping)

- $\frac{1}{2}$ c. apricot juice
- $\frac{1}{2}$ pt. whipping cream
- 1 Tbsp. lemon juice

Combine fruits and Jell-O, and when firm, make topping. When it is cool, fold in cream, which has been whipped. Sprinkle top with grated cheese.

Karen Williams

SALAD

- 1 box vanilla tapioca pudding
- 1 box orange jello
- 1 pkg. instant vanilla pudding

- 1 can mandarin oranges
- 1 small container Cool Whip

Put first 3 ingredients in pan. Add 2 cups water; heat on stove till thickened (about 5 minutes). Let cool. Add drained oranges and Cool Whip.

Dorothy Chadwick

SALAD SUPREME

- 1 pkg. lime Jell-O
- 1 small can crushed pineapple, drained
- 1 c. cottage cheese

- 1 c. boiling water
- 1 green pepper, chopped
- 1 pimento, chopped

Dissolve Jell-O in 1 cup boiling water. Place pineapple juice in measuring cup and add enough cold water to make another cup; add this to jello mixture. Add pineapple, cottage cheese, green pepper, and pimento. Place in dish to set. Serve with Miracle Whip salad dressing.

Lois Veatch

WATERGATE SALAD

1 (9 oz.) ctn. whipped topping	1 c. miniature marshmallows
1 box instant pistachio pudding	1/2 c. nuts
1 (16 oz.) can crushed pineapple and juice	

Fold dry pudding mix into whipped topping. Add pineapple, juice, marshmallows, and nuts. Refrigerate.

Lynne Miller

PISTACHIO SALAD

1 box instant pistachio pudding	1 (16 oz.) can pineapple, drained
1 regular size Cool Whip, thawed	1 c. marshmallows

Mix pudding as directed; let set. Mix in other ingredients. Let set 30 minutes; serve.

WATERGATE SALAD

1 box pistachio instant pudding	1 small crushed pineapple, drained
1 ctn. Cool Whip	

Mix dry pudding with Cool Whip; stir in drained pineapple. (You may add some small marshmallows.)

Jo Horn

CHEESE-PINEAPPLE SALAD

Salad:

1 medium can pineapple tidbits, drained	1/2 lb. chopped or grated cheese
	1/2 lb. small marshmallows

Sauce:

1 Tbsp. flour	1 egg, beaten
1 Tbsp. sugar	

Drain pineapple juice into saucepan; add beaten egg, flour and sugar. Cook until thick. Mix into first mixture while hot; chill.

Lois Veatch

BROCCOLI SPAGHETTI

1 large head broccoli
½ c. (1 stick) butter
3 to 4 pressed garlic cloves
1 lb. spaghetti or fine linguini

Boiling water
Salt and pepper to taste
Grated Parmesan cheese

Break broccoli into small flowerets and steam about 3 minutes or until al dente and bright green. Melt butter in small saucepan; add garlic and cook a few seconds. Remove from heat.

Cook spaghetti in a large pot of boiling salted water; drain thoroughly. Pour garlic butter over spaghetti. Add broccoli, salt and pepper; toss thoroughly. Sprinkle with Parmesan cheese and serve immediately. Makes 6 servings.

Woody Tucker

PIMENTO BROCCOLI

3 lb. fresh broccoli
1 c. chopped green onions
½ c. butter, melted
¾ c. pimento, chopped

1½ Tbsp. grated lemon rind
½ c. lemon juice
½ tsp. salt
¼ tsp. pepper

Trim off large leaves of broccoli; wash and cut stalks about 1 inch from flowerets. Steam flowerets in small amount of boiling water 10 to 15 minutes or until crisp and tender.

Saute green onions in butter in saucepan until tender. Stir in remaining ingredients; reduce heat and simmer 5 minutes. Place broccoli in a large serving dish; spoon sauce over broccoli and toss gently. Yield: 12 servings.

Julie Kimmel (Mrs. Tedd)

BROCCOLI DISH

1 (8 oz.) jar Cheez Whiz
2 pkg. chopped frozen broccoli
½ c. chopped onion
½ chopped green pepper

2 c. cooked rice
1 can cream of chicken soup
1 can cream of mushroom soup

Saute onion and pepper in small amount of butter. Thaw broccoli. Mix all ingredients together. Bake at 350° for 30 minutes or until bubbly.

Pam Heimerman

BROCCOLI RICE AND CHEESE

1 pkg. frozen broccoli
1 (8 oz.) Cheez Whiz or Velveeta
1 can cream of chicken soup
¼ c. onion

1 c. Minute rice
½ c. milk
3 Tbsp. butter

Mix and bake 40 minutes at 350°.

Diane Farney

CREAM CORN

8 oz. cream cheese
½ c. oleo (1 stick)

1 (3 lb.) pkg. frozen corn

Put in crock pot on LOW setting for 4 hours. Stir before serving.

Karen Williams

HOMEY SCALLOPED CORN

4 slices bacon, chopped
1¼ c. saltine cracker crumbs
2 eggs
1 (4 oz.) can pimentos
1 c. grated Cheddar cheese
2 Tbsp. bacon fat

1 medium onion, chopped
1 (1 lb.) can cream style corn
1 c. milk
¼ tsp. salt
¼ tsp. pepper

Fry bacon; set aside. Cook onion in remaining bacon drippings. Add 1 cup crushed saltines into that, and brown it. Remove from stove and add 2 eggs, beaten, corn, pimentos, milk, cheese, salt, pepper, and bacon. Mix together and place into greased shallow 1½ quart casserole; top with remaining crumb mixture. Bake at 350° for 45 minutes.

Carrie Walker

CARROT AND RICE CASSEROLE

2 c. rice (raw)
1 can cream of celery soup
1 can cream of chicken soup
1 pkg. Lipton dry onion mix

1 can milk (soup can)
2 cans water or broth (soup can)
1 lb. carrots, cut into chunks
2 c. chopped celery

Combine ingredients and pour into greased 13x9x2 inch pan. Bake at 350° for 1 hour.

Karen Williams

GREEN BEAN CASSEROLE

3 cans Stokely whole green beans
6 Tbsp. butter
¾ lb. American cheese (or more),
cubed

1 can (small) Pet or Carnation
milk
6 Tbsp. chopped pimento
2 green peppers, chopped

Melt butter; add milk. Cook beans in own liquid to hot; drain. Spread green beans out in flat casserole. Sprinkle green pepper over beans, also, cheese (which has been cut into cubes); add pimento. Pour milk and butter over all. Bake at 275° about 1 hour. Stir once or twice during baking.

Our family: Ten people. Use 5 cans green beans, 1 pound cheese and 1 tall can Pet milk. The rest is the same.

Carol Berger

GREEN BEAN CASSEROLE

2 cans green beans	1 c. uncooked noodles
½ c. chopped onions	½ c. chopped celery
1 c. cream of mushroom soup	1 c. juice of beans
Garlic	Crushed potato chips
Salt and pepper	

Cook onions and celery in 2 tablespoons margarine. Combine remaining ingredients, and top with crushed potato chips. Bake for 30 minutes in 350° oven.

Pam Heimerman

FROZEN CUCUMBERS

8 c. sliced cucumbers	1½ c. sugar
1 large onion, sliced	½ c. white vinegar
2 Tbsp. canning salt	

Sprinkle salt over cucumber and onions; stir. Drain well after 2 hours. Put into small containers (small margarine tubs are fine). Mix the sugar and vinegar; pour over the cucumber and onion slices. Freeze.

When serving, take out of container and break apart with fork. Serve partially icy. These are good to serve with spaghetti or other spicy foods.

Ann Gee to Elsie Wickliffe

HASH BROWN CASSEROLE

1 (2 lb.) pkg. frozen hash browns	1 can cream of mushroom soup
¼ c. melted butter	1 c. milk
1 tsp. salt	1 c. sour cream
¼ tsp. pepper	2 c. grated cheese
½ c. chopped onion (optional)	

Place frozen hash browns in 9x13 inch baking dish. Mix together butter, salt, pepper, onion, soup, milk, and sour cream. Add potatoes and mix in cheese. Bake 1½ hours at 350°.

Jo Horn

HASH BROWN CASSEROLE

1 (2 lb.) bag hash browns	1 jar Cheez Whiz
¼ c. green onions	Salt and pepper
Cream of chicken soup	1 stick oleo
8 oz. sour cream	2 c. crushed flakes

In 13x9x2 inch pan, place hash browns and onions. Melt and combine soup, sour cream and Cheez Whiz. Mix together with potato mixture; salt and pepper to taste. Top with crushed flakes and dot with butter. Bake at 350° for 30 to 45 minutes.

Jeanne Inskeep

CHEESE POTATOES

8 medium potatoes
1 small jar Cheez Whiz

$\frac{1}{4}$ c. butter
1 small ctn. sour cream

Wash potatoes; boil with skins on until soft. Cool them, peel skins off and grate them. Mix and heat in microwave, 1 small jar Cheez Whiz with $\frac{1}{4}$ cup butter; add small carton of sour cream. Add cheese mixture to grated potatoes; salt and pepper to taste. Bake in oven at 350° for 30 minutes.

Cristi Dirks

CHEESY POTATOES

1 stick oleo, melted
1 can cream of chicken soup
1 ctn. sour cream
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

10 oz. grated American cheese
 $\frac{1}{2}$ c. onion, chopped
2 lb. thawed frozen hash brown potatoes
1 c. corn flakes

Mix together and put in large baking dish. Top with 2 tablespoons of melted butter and 1 cup corn flakes. Bake for 45 minutes, covered, at 350°. Uncover the last 10 minutes.

Shelley Sporn

CHEESY MASHED POTATOES

8 to 10 medium potatoes
1 small jar Cheez Whiz

1 stick margarine
1 small container sour cream

Boil potatoes until tender. Mix with Cheez Whiz, margarine and sour cream (electric mixer works well); add desired salt and pepper. Place in 9x13 inch baking dish; sprinkle with paprika. Bake at 350° for 30 minutes.

Ann Gee

CASSEROLE MASHED POTATOES

5 lb. potatoes, mashed
Milk
Salt to taste

1 stick oleo
8 oz. cream cheese
2 ctn. sour cream with chives

Cool mashed potato mixture and put in large bowl with cover. Will keep a week in refrigerator. Put potatoes in greased baking dish. Heat in oven at 350° for 30 to 40 minutes.

Joyce Fast

REFRIGERATED MASHED POTATOES

5 lb. potatoes, peeled, cooked,
mashed
1 (8 oz.) pkg. cream cheese,
softened
1 c. sour cream

Butter
2 tsp. onion salt
1 tsp. salt
 $\frac{1}{4}$ tsp. white pepper
Paprika

Combine potatoes, cream cheese, sour cream, 2 tablespoons butter, and seasonings in large bowl. Store, covered, in refrigerator for 2 weeks or less. Place desired amount of potatoes in greased casserole dish; dot with butter and sprinkle paprika over top. Bake at 350° for 30 minutes. Yield: 8 cups.

Marilyn Hevener

CROCK POT POTATOES

1 large bag hash browns (2 lb.)	1 large can evaporated milk
1 stick oleo	Little onion if desired
1 can Cheddar cheese soup	Salt and pepper

Turn crock pot on HIGH for 1 hour, then turn on LOW for 3 or 4 hours.

Diane Farney

FAST SCALLOPED POTATOES

1 pkg. frozen hash browns (any size bag)	Green pepper, chopped
1 can cream of mushroom soup	1 c. milk
Onion, chopped	1½ c. Cheddar or Velveeta

Mix all together. Bake in greased casserole dish 45 minutes at 325°.

Lori Cox

ZESTY BARBECUED POTATOES

4 unpeeled potatoes, washed	Salt
¾ c. Italian salad dressing	Pepper

Bake potatoes in skins for about 30 minutes at 450° until just slightly tender. (May be cooked in microwave instead.) Cool slightly. While still a bit hot, cut potatoes lengthwise in half and then cut each half into quarters. Place pieces in baking dish and cover with dressing. Let stand 1 hour, turning once. Remove from dressing and place on hot grill; salt and pepper to taste and grill until golden brown, about 10 minutes on each side.

Geni Woody

GOURMET POTATOES

6 medium potatoes	½ c. chopped green pepper
2 c. shredded Cheddar cheese	½ c. chopped pimento
½ c. butter	1 tsp. salt
1½ c. sour cream	¼ tsp. pepper
½ c. chopped onion	¼ tsp. paprika

Cook potatoes in skin; cool. Peel and chop. In saucepan, melt butter; add cheese to partly melt. Remove from heat; add sour cream, onions, green pepper, pimento, salt, and pepper. Combine with potatoes. Turn into buttered 13x9x2 inch dish; sprinkle with paprika. *Cover and refrigerate overnight.* Bake, covered, at 350° for 30 minutes or until heated through. Serves 10 to 12.

Julie Kimmel (Mrs. Tedd)

KANSAS CITY GREEN RICE

3 c. cooked rice, rinsed with cold water	¼ tsp. pepper and monosodium glutamate
¼ c. finely chopped green pepper	1 Tbsp. lemon juice
1 c. finely chopped parsley	½ tsp. grated lemon peel
½ c. (2 oz.) shredded sharp process American cheese	1 clove garlic, minced
¼ c. finely chopped onions	¼ c. salad oil
1 tsp. salt	2 beaten eggs
¼ tsp. seasoned salt	1 (1¼ oz.) can evaporated milk

Combine cooked rice, green pepper and parsley. Add shredded cheese, onion, salt, pepper, seasoned salt, and monosodium glutamate; stir in remaining ingredients. Turn into a 10 x 6 x ½ inch baking dish. Bake for 35 minutes in a moderate oven (350°). Remove; wait 5 minutes and serve.

Connie K. Oglesby



Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast ¹ (10 inch) ribs	4	1¾	140° (rare)
If using shorter cut (8-inch) ribs, allow 30 min. longer		2	160° (medium)
		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¾	160° (medium)
		4	170° (well done)
Rolled rump ²	5	2¼	140° (rare)
		3	160° (medium)
		3¾	170° (well done)
Sirloin tip ²	3	1½	140° (rare)
² Roast only if high quality. Otherwise, braise.		2	160° (medium)
		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To- Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY			
	6 to 8 lbs.	325°	2½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3½ hrs.
	12 to 16 lbs.	325°	3½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN			
(Unstuffed)	2 to 2½ lbs.	400°	1 to 1½ hrs.
	2½ to 4 lbs.	400°	1½ to 2½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK			
(Unstuffed)	3 to 5 lbs.	325°	2½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

QUICK 'N EASY CHICKEN TETRAZZINI

1/4 c. butter or margarine	1 (7 oz.) pkg. spaghetti, cooked
1/4 c. flour	2 c. cubed, cooked chicken or turkey
1/2 tsp. salt	1 (3 oz.) can sliced mushrooms
1/4 tsp. pepper	1/2 c. grated Parmesan cheese
1 c. chicken broth	
1 c. whipping cream	

Heat oven to 350°. Melt butter in large saucepan over low heat; blend in flour and seasonings. Cook over low heat, stirring, until mixture is smooth and bubbly. Remove from heat; stir in broth and cream. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in spaghetti, chicken and mushrooms. Pour into ungreased 2 quart casserole; sprinkle with cheese. Bake, uncovered, 30 minutes or until bubbly. To brown, place briefly under the broiler. Makes 6 servings.

Cindy Jones

CHICKEN CHOW MEIN CASSEROLE

2 Tbsp. margarine	2 Tbsp. chopped green pepper
1/4 c. chopped onion	1 (10 1/2 oz.) can cream of mushroom soup
1 1/2 c. cooked chicken pieces	1/2 c. water
1 c. chow mein noodles	3/4 c. cashew nuts
1 c. chopped celery	

Saute onions, green peppers and celery in margarine. Combine remaining ingredients, except 1/3 cup chow mein noodles and cashew nuts, with the vegetables; blend well. Pour into casserole dish and top with remaining chow mein noodles and cashew nuts. Bake at 350°F. for 30 minutes or until sauce bubbles. Serves 5. (Can be prepared in microwave oven.)

Mrs. Stanley C. Smith (Pat)

CHICKEN CASSEROLE SUPREME

4 c. cooked, diced chicken	1 onion, chopped
2 1/2 c. uncooked spaghetti (6 1/2 oz.)	1 can cream of mushroom soup
1/2 c. diced green pepper	1 can cream of celery soup
2 c. chicken broth	3 1/2 c. grated Cheddar cheese (10 oz.)

Break spaghetti in thirds and place in large mixing bowl. Combine all ingredients together and sprinkle with Parmesan cheese. Bake in 9x13 inch pan 1 hour at 350°. This may be covered and refrigerated overnight and ready to pop into oven the next day.

Lori Cox

CHICKEN CASSEROLE

1 c. sour cream
3 c. prepared dressing mix

1 can mushroom soup
Boiled and deboned chicken

Lay deboned chicken on bottom of greased casserole. Mix soup and sour cream and spread over chicken. Mix dressing according to directions and place on top. Cover with foil and bake at 350° for 45 minutes. Uncover and bake 15 minutes more.

Pam Heimerman

CHICKEN CASSEROLE

2 (6¾ oz.) cans chicken
6 slices Swiss cheese
1 can cream of mushroom soup

⅓ c. milk
1 pkg. Stove Top dressing

Arrange chicken in a 9x7 inch baking dish. Top chicken with Swiss cheese. Mix cream of mushroom soup and milk together, then pour over Swiss cheese. Prepare Stove Top dressing according to directions on package, then spread over the mushroom soup. Bake in 350° oven until bubbly. Makes 4 servings (if the people aren't too hungry), otherwise, double the recipe.

Donna Callahan

CHICKEN CASSEROLE

1 small can chicken
1 can cream of mushroom soup
1 can cream of chicken soup

1 c. evaporated milk
1 small pkg. chow mein noodles
1 pkg. frozen peas (optional)

Combine all ingredients; pour into greased 2 quart casserole. Save a handful and a ½ of noodles. Sprinkle on top about 5 minutes before casserole is done. Bake at 375° for 45 minutes.

Stacey Hobbs

CHICKEN CASSEROLE

1 box chicken Rice-A-Roni
1 can chunk chicken
1 can cream of chicken soup

2 Tbsp. butter
Velveeta cheese

Prepare Rice-A-Roni as directed on box. Add cream of chicken soup and chunk chicken; top with slices of Velveeta cheese. Bake at 350° for 30 minutes or you can leave in skillet and cover until cheese melts.

Variations: Add cooked peas to the casserole before baking.

Cristi Dirks

CHICKEN CASSEROLE

2 to 3 cans white chicken
Onion
½ bag frozen peas or to taste
1 can evaporated milk

2 c. Cheddar cheese
1 can cream of chicken soup
Salt and pepper
½ pkg. shell macaroni

Mix all ingredients; sprinkle cheese on top. Bake 45 minutes to 1 hour at 350°.

Shelley Sporn

HUNTINGTON CHICKEN CASSEROLE

5 lb. chicken
3 c. macaroni (shell)
¾ lb. Velveeta cheese, diced
5 c. chicken broth

¾ c. flour
3 Tbsp. butter or oleo
2½ c. dry bread crumbs

Cook chicken; debone and dice. Cook macaroni in salted water; drain. Thicken broth with flour; add cheese, chicken and macaroni. Pour into 13x13 inch pan. Heat crumbs in butter and spread over top. Bake at 325° for 30 minutes.

Carol Miller from Rae Ramsey

HUNTINGTON CHICKEN (OR TURKEY OR HAM)

1½ c. raw macaroni
1 box frozen chopped broccoli
1 can cream of mushroom soup (or
cream of celery soup)
½ soup can milk

Cooked, boned chicken (or
leftover turkey or ham)
Velveeta cheese
Cracker crumbs or crushed potato
chips (optional)

Cook macaroni and broccoli; drain. Mix well with soup and milk. Layer in greased casserole macaroni mixture, meat and cheese; end with cheese. Top with crumbs if desired. Bake at 350° for 30 minutes or until cheese is melted and bubbly. Great dish for leftovers or substitutions of your choice.

Julie Smith

SPICED CHICKEN CASSEROLE

Marinade:

¼ c. soy sauce
¾ c. sauterne
Juice of ½ lemon
1 large garlic clove, crushed or ¼
tsp. powdered garlic
¼ to 1 tsp. curry powder
½ tsp. powdered ginger

½ tsp. dried thyme
½ tsp. dried oregano
¼ tsp. pepper
10 whole chicken breasts, boned
2 large onions
½ c. butter

Heat oven to 350°. Combine ingredients and marinate chicken overnight. Saute thinly sliced onions in butter until golden. Place onions on bottom of very large casserole. Drain chickens (save marinade). Dredge chicken in flour, and

brown in the butter used for browning onions. Add breasts to the casserole and cover with sauce. Bake, covered, for $1\frac{1}{2}$ hours. Yield: 8 servings. Can be made early in the day and refrigerated until time to bake.

Woody Tucker

CHICKEN CRUNCH CASSEROLE

- | | |
|-------------------------------------|--|
| 1 c. milk | 1 (5 oz.) can water chestnuts,
drained and sliced |
| 2 cans cream of mushroom soup | 1 (large) can chow mein noodles |
| 3 c. diced, cooked chicken | Salt and pepper to taste |
| $\frac{1}{4}$ c. minced fresh onion | |
| 1 c. diced celery | |

Blend milk into soup; mix gently with chicken, onion, celery, water chestnuts, and $\frac{3}{4}$ can of the noodles. Put in 2 quart greased casserole; top with remaining noodles. Bake at 325° for 40 minutes.

Julie Smith

QUICK 'N EASY CASSEROLE

- | | |
|--|----------------------------|
| 1 (10 oz.) pkg. Birds Eye chopped
broccoli | 1 c. milk |
| 1 c. Minute rice | 1 c. grated Cheddar cheese |
| 1 c. diced, cooked chicken | 1 medium onion, chopped |
| 1 (10 $\frac{3}{4}$ oz.) can condensed cream
of mushroom soup | |

Place vegetable in $1\frac{1}{2}$ quart baking dish. Bake at 350° for 7 minutes to partially thaw. Stir in rice, chicken, soup, liquid (milk), half the cheese, and the flavor addition (onion), then sprinkle with remaining cheese. Bake for 45 minutes or until hot and bubbly. Makes 3 servings.

Microwave directions: Cook vegetable for 2 minutes at HIGH power in $1\frac{1}{2}$ quart nonmetal dish. Stir in $\frac{1}{2}$ the cheese and the other ingredients. Cook 6 minutes. Stir; sprinkle with remaining cheese and cook 5 minutes longer.

Denise Ertl

BEEFY CHICKEN CASSEROLE

- | | |
|--|---------------------|
| 2 pkg. dried beef | 4 slices bacon |
| 4 chicken breasts, halved (8 pieces
in all) and boned | 1 can mushroom soup |
| | 1 c. sour cream |

Put dried beef in bottom of well buttered casserole. On top of beef, lay boned chicken breasts, salt and pepper. Put 1 slice bacon on top of each breast. Combine soup and sour cream; pour over chicken. Cover and bake for 2 hours at 275° . Yield: 6 to 8 servings.

Woody Tucker

CHICKEN AND RICE CASSEROLE

2 cans cream of chicken soup	1/4 tsp. thyme
2 tsp. salt	2 2/3 c. water
1/8 tsp. pepper	2 2/3 c. precooked rice
1 tsp. parsley flakes	3 c. diced, cooked chicken

Combine soup and seasonings in a saucepan, mixing well. Gradually add water, stirring constantly, to blend thoroughly. Bring to a boil over medium heat, stirring. Pour half the soup mixture into a 3 quart casserole dish, then making 2 layers of each, add the rice (right from the box) and the chicken. Top with remaining soup. Cover and bake in oven at 375°. Stir well after 10 minutes (bake total of 20 minutes).

Stacey Hobbs

CHICKEN-RICE CASSEROLE

3 to 4 c. cooked chicken	1 c. chicken broth
1 lb. fried hot sausage	2 cans mushroom pieces
1 (6 oz.) box Uncle Ben's wild rice mix	2 pkg. slivered almonds

Saute in butter:

1 c. onion	1 c. celery
1 c. green pepper	

Prepare rice as directed on box. Cook sausage. Add rice, chicken and broth; add rest of ingredients and mix. Refrigerate overnight. Add grated cheese before baking. Bake 1 hour at 350°. Serves 12.

Lois Veatch from Thelma Huffman

CHICKEN-RICE-BROCCOLI CASSEROLE

2 (10 oz.) pkg. frozen broccoli spears	1 c. cooked rice
1/2 c. Parmesan cheese, shredded	2 Tbsp. butter or margarine
6 large slices cooked chicken or 2 c. cubed	2 Tbsp. flour
Salt and pepper	1 c. milk
	1 c. dairy sour cream
	1 Tbsp. lemon juice

Cook broccoli according to package directions; drain. Arrange in 11 1/2 x 7 1/2 x 1 1/2 inch baking dish. Sprinkle with 1/2 of shredded cheese; top with chicken. Season with salt and pepper; spoon on cooked rice.

Prepare medium white sauce (made with 2 tablespoons flour and 1 cup milk). Stir in lemon juice; fold in sour cream and pour over chicken in casserole. Sprinkle with remaining cheese. Bake in hot oven (400°) for 15 to 20 minutes or until lightly browned. Makes 6 large servings.

Karen Williams

CHICKEN DIVAN

- | | |
|---|-----------------------------|
| 2 pkg. broccoli, cooked and drained | 1 c. mayonnaise |
| 2 c. sliced, cooked chicken or 3 to 4 breasts, cooked and deboned | 1 tsp. lemon juice |
| 2 cans cream of chicken soup | ½ tsp. curry powder |
| | ½ c. sharp cheese, shredded |
| | ½ c. bread crumbs |
| | 1 Tbsp. butter |

Heat oven to 350°. Arrange broccoli in greased baking dish; place cooked chicken on top. Combine soup, mayonnaise, lemon juice, and curry powder and pour over chicken. Add shredded cheese on top and combine bread crumbs and butter and sprinkle over all. Bake for 30 minutes. Yield: 6 to 8 servings.

Woody Tucker

KING RANCH CHICKEN

- | | |
|---|------------------------------|
| 2 c. ground chicken | 2 c. Cheddar cheese |
| 2 Tbsp. chopped onions | 2 ribs celery |
| 1 can cream of chicken soup | 1½ c. chicken broth |
| 1 can tomatoes with chilies, mixed in blender | 1 pkg. small flour tortillas |

Mix chicken, onions, soup, blended tomatoes, and celery together. Layer tortillas, chicken mixture and cheese in greased casserole; pour broth over top. Bake at 320°F. for 20 minutes, then 300°F. for 40 minutes.

Karen Williams

SWEET-SOUR PINEAPPLE CHICKEN

Makes approximately 4 servings.

- | | |
|---|--|
| 2 whole chicken breasts or 4 chicken breast halves (approx. 1¾ lb.) | 1 Tbsp. cornstarch |
| 1 large onion, cut in thin wedges | 1 (20 oz.) can pineapple chunks in juice |
| 1 green pepper, cut in ¾ inch squares | 2 Tbsp. ketchup |
| 4 Tbsp. vegetable oil, divided | 2 Tbsp. light brown sugar |
| 2 Tbsp. vinegar | 1 large tomato, cut in eighths |
| | Salt or soy sauce to taste |
| | Hot cooked rice |

Skin and bone chicken breasts. With sharp knife, cut chicken into 1 inch squares. Saute onion and green pepper in 2 tablespoons hot oil in large skillet, stirring until vegetables are crisp tender; remove to dish and set aside.

In same skillet, heat remaining 2 tablespoons oil until hot. Add chicken pieces and stir-fry over high heat until chicken cooks through and turns white, 5 to 7 minutes.

Mix vinegar and cornstarch; combine with juice drained from pineapple, ketchup and brown sugar. Stir into chicken in skillet. Cook, stirring constantly, until sauce clears, boils and thickens. Return onion and green pepper to skillet; add pine-

apple chunks. Cover and cook a few more minutes, until heated through; stir in tomato. Season with salt or soy sauce to taste. Serve over hot cooked rice.

Note: I substitute pheasant breast for the chicken and it is delicious.

Keith Hughes

CHICKEN/CASHEW LOAF

- | | |
|---|--|
| 1 c. ground cashew nuts | 1 Tbsp. Vegit seasoning |
| 1 medium onion, chopped | 2 tsp. McKay's chicken style seasoning |
| 1 c. diced celery | 1 c. milk (canned) |
| 2 c. cut up chicken | ½ c. water |
| ½ c. bread crumbs | |
| 1 c. cooked rice | |
| 1 Tbsp. parsley flakes or fresh chopped parsley | |

Bake at 350°F. for 40 to 50 minutes.

Karen Williams

DELICIOUS CHICKEN

- | | |
|--|----------------------|
| 3 whole breasts or 1 small chicken, stewed | ¾ c. chicken broth |
| 1 can cream of celery soup | 1 c. evaporated milk |
| 1 can cream of chicken soup | 1 stick oleo |
| 1 pkg. Pepperidge Farm stuffing mix | |

Place stewed chicken (deboned) in 13x9 inch pan. Mix soups and pour over chicken. Mix milk and stuffing mix; spread over soup. Melt oleo and mix with chicken broth. Pour over top and bake at 350° for 30 minutes.

Karen Williams

CHICKEN IN THE OVEN

- | | |
|---------------------------|-------------------------------|
| 2 chickens, cut up | ¼ c. parsley, chopped |
| ½ c. margarine, melted | 1 clove garlic or garlic salt |
| 2 c. Italian bread crumbs | 2 tsp. salt |
| ¼ c. Parmesan cheese | Pepper |

Preheat oven to 350°. Combine bread crumbs, cheese, parsley, garlic, salt, and pepper; mix well. Dip pieces of chicken into margarine, then into crumb mixture. Place in a large, flat, uncovered, pan. Sprinkle remaining crumb mixture over chicken, and bake 1 hour.

The crumb mixture recipe can easily be doubled, and store in the freezer.

Debbie Russell

JEANINE'S CHICKEN STUFF

1 cut up chicken
2 bay leaves
1 tsp. season salt

½ tsp. pepper
4 celery stalks, chopped
4 carrots, sliced

Flour paste: One cup *hot* water and 2 to 3 tablespoons flour, mixed well.

In Dutch oven, fill with water till half full. Place skinned chicken, season salt, bay leaves, and pepper. Boil 20 minutes. Add celery and carrot slices; continue to boil until all is tender. Remove chicken and turn down heat. Shred chicken from bone; add flour paste to water and bring to boil. If not enough to thicken, add more. Stir constantly; add chicken to mixture and heat. Serve over rice with Chinese noodles and soy sauce if desired.

Jeanine Britton

ITALIAN CHICKEN IN WHITE WINE SAUCE

2 halved chicken breasts
¼ lb. ground pork
1 c. white cooking wine
½ tsp. rosemary, crushed
½ clove garlic, crushed
Salt and pepper

1 Tbsp. flour
Basil and oregano
Sprig of parsley
Olive oil
String

Flatten chicken between waxed paper to ¼ inch thickness; season with salt and pepper to taste. In medium skillet, brown pork with rosemary and garlic. Drain grease and place even amounts of pork into each flattened breast. Roll chicken around pork and tie with string.

Place 2 tablespoons olive oil into skillet and cook chicken through on all sides, making sure to cook completely. Turn heat to low and add wine; simmer for 5 to 10 minutes, then remove chicken. Turn heat to high and stir to remove residue from bottom of skillet; add flour and stir rapidly. When sauce thickens slightly, pour over chicken. Sprinkle lightly with basil and oregano and garnish with parley.

Suggestion: Serve over white rice with side of sauteed mushrooms or steamed asparagus.

K. Wade Skinner

KRISPY CHICKEN

1 pkg. chicken breasts
4 c. crushed Rice Krispies
⅔ c. oleo

1 tsp. salt
½ tsp. pepper

Melt the oleo and add the salt and pepper. Wash and dry the chicken. Dip the chicken in the oleo mixture and then roll in the crushed Rice Krispies until they are well coated. Bake 1 hour at 350°. Do not cover or turn the pieces. Also, do not crowd them on the cookie sheet. It works out better if you line your cookie sheet with aluminum foil before baking.

Linda McFarland

HIBERNIAN CHICKEN

1 frying chicken, cut up
1 to 2 Tbsp. butter or margarine
Salt and pepper
1 ($\frac{7}{8}$ oz.) env. gravy mix (for chicken)

1 Tbsp. minced onion
1 c. apple juice
 $\frac{1}{2}$ c. half & half or light cream

Brown chicken in butter in large skillet; pour off excess fat. Season with salt and pepper. Move chicken to one side of pan; add contents of gravy mix envelope, onion, apple juice, and lemon juice to pan, stirring until well mixed. Rearrange chicken in sauce. Cover, simmer 30 to 40 minutes, stirring occasionally, until tender. Stir in cream; heat gently. Makes 4 to 5 servings.

Denise Ertl

BAKED CHICKEN WITH RICE

$1\frac{1}{2}$ c. Minute rice (uncooked)
1 can cream of chicken soup
1 can cream of mushroom soup
1 can cream of celery soup

8 to 10 chicken breast, skinned and boneless
1 pkg. Lipton dry onion soup mix

Mix rice and soups (all uncooked) and pour into 13x9 inch baking dish. Place uncooked chicken breast on top of rice mixture; sprinkle with dry onion soup mix. Cover with aluminum foil and bake for $1\frac{1}{2}$ to 2 hours at 300°.

Tonya Hardesty

CHICKEN BREASTS IN BROWN RICE

$\frac{1}{4}$ c. butter
1 can cream of chicken soup (undiluted)
1 can cream of celery soup (undiluted)
1 can cream of mushroom soup (undiluted)

$1\frac{1}{4}$ c. brown rice (uncooked)
 $\frac{1}{2}$ c. slivered almonds
4 large chicken breasts, boned and halved
 $\frac{1}{2}$ c. Parmesan cheese

Heat oven to 325°. Melt butter in large saucepan. Add soups, brown rice and slivered almonds; mix well. Spoon half of rice mixture into greased 13x9x2 inch baking dish; place chicken pieces on top. Cover with remaining rice mixture. Bake for 1 hour and 15 minutes. Sprinkle Parmesan cheese over top. Bake 15 minutes longer. If mixture seems too dry, cover lightly with foil last 15 minutes. Yield: 8 servings.

Add a can of drained English peas to the rice for a one-dish meal.

Woody Tucker

BAKED CHICKEN BREASTS

6 boneless breasts of chicken
1 can cream of mushroom soup
1 can cream of chicken soup
1 can button mushrooms
½ ctn. sour cream

½ c. white cooking wine
Minced onion
Salt
Pepper

Preheat oven to 325°. Butter baking dish. Place chicken in baking dish; pour mixture of soups, sour cream, wine, mushrooms, minced onion, and dash of salt and pepper over chicken. Bake, covered, 1½ hours; uncover, and bake ½ hour (2 hours total). Serve over rice.

You can add a few more chicken breasts without adding other ingredients.

Lisa Rexroad

CHICKEN WITH 40 CLOVES OF GARLIC

⅔ c. olive oil
8 chicken drumsticks and 8
chicken thighs
4 ribs celery, cut into long strips
2 medium onions, peeled and
chopped
6 sprigs parsley

1 Tbsp. chopped fresh tarragon (or
1 tsp. dried)
½ c. dry vermouth
2½ tsp. salt or to taste
¼ tsp. freshly ground black pepper
Grated nutmeg
40 cloves unpeeled garlic

Pour the oil into a shallow dish; add the chicken parts and turn them to coat all sides evenly. Cover the bottom of a heavy 6 quart casserole with the celery and onion; add the parsley and tarragon and lay the chicken pieces on top. Pour on the vermouth; sprinkle with salt and pepper and a dash or two of nutmeg, then tuck the garlic cloves around and between the chicken pieces. Cover the lid and the top of the casserole tightly with aluminum foil (this creates an airtight seal that prevents steam from escaping). Bake in a preheated 375° oven for 1½ hours, without removing the cover.

Serve the chicken, pan juices and whole garlic cloves with thin slices of heated French bread or hot toast. Squeeze the garlic from the root end of its papery husk onto the bread or toast, spread like butter and eat with the chicken. Serves 8.

Woody Tucker

DOUBLE-CRISPY CHICKEN

7 c. corn flakes cereal, crushed to
1¾ c.
1 egg
1 c. milk
1 c. flour
½ tsp. salt

¼ tsp. pepper
3 lb. frying chicken pieces, rinsed
and dried
3 Tbsp. margarine or butter,
melted

Measure crushed cereal into shallow dish or pan. In small mixing bowl, beat egg and milk slightly; add flour, salt and pepper. Mix until smooth. Dip chicken in batter; coat with crushed cereal. Place in single layer in greased shallow baking pan; drizzle with melted margarine. Bake at 350°F. about 1 hour or until chicken is tender. Do not cover pan or cover chicken while baking.

Marilyn Hevener

CRISPY CRUSTED BAKED CHICKEN

1 frying chicken, cut up
1 egg
2 Tbsp. milk
1 c. instant potato flakes

1 tsp. garlic salt
¼ c. grated Parmesan cheese
¼ c. butter or margarine

Wash chicken pieces and pat dry; set aside. Beat egg and milk in bowl. In another bowl, mix potato flakes, garlic salt and Parmesan cheese. Roll chicken first into egg mixture, then in potato flakes mixture. Melt butter in shallow baking pan. Roll coated chicken pieces in the butter and place them, skin side up, in the pan.

Bake at 400° for 45 to 50 minutes or until juices from thighs run clear when pierced with a fork.

Amy Babb

KANSAS CITY BAKED CHICKEN 'N BUTTER AND CREAM

½ c. all-purpose flour
1½ tsp. salt
Dash of pepper
½ tsp. paprika

1 (2½ to 3 lb.) ready to cook
broiler-fryer chicken, cut up
¼ c. butter or margarine
½ c. nonfat dry milk powder

Combine flour, salt, pepper, and paprika. Dip chicken in water; coat well with flour mixture. Place chicken, skin side down, in a 13x9x2 inch baking dish; slice butter *thinly* over chicken. Bake, uncovered, in a moderate oven (350°) for 30 minutes.

Mix dry milk powder with 1½ cups of hot water; pour around chicken. Return to oven and bake 1¼ hours longer or until chicken is tender. Remove chicken to hot platter. Makes 4 to 6 servings.

Connie K. Oglesby

MEXICAN CHICKEN

1 large bag Doritos
1 can chicken broth
Canned chicken
1 bell pepper, chopped

1 can cream of chicken soup
1 can Ro-Tel tomatoes
1 can cream of mushroom soup
Grated cheese

Mix together chicken soup, Ro-Tel tomatoes and mushroom soup; set aside. Layer ingredients in order given and bake for 1 hour at 300° in 9x13 inch dish. Top with grated cheese.

Jeanne Inskeep

COUNTRY CHICKEN BISCUITS

- | | |
|---|--|
| 8 slices bacon, fried crisp and crumbled | 1 (10 $\frac{3}{4}$ oz.) can cream of chicken soup |
| 2 $\frac{1}{2}$ c. (13 oz.) cubed, cooked chicken | $\frac{3}{4}$ c. milk |
| 1 (10 oz.) pkg. frozen mixed vegetables, cooked and drained | 1 $\frac{1}{2}$ c. biscuit mix |
| 1 c. chopped tomatoes (2 medium) | $\frac{2}{3}$ c. milk |
| 1 $\frac{1}{2}$ c. (6 oz.) shredded Cheddar cheese | 1 (2.8 oz.) can Durkee French fried onions |

In greased 8x12 inch baking dish, combine first 4 ingredients and 1 cup cheese. Blend soup and $\frac{3}{4}$ cup milk; pour over casserole. Bake, covered, at 400° for 15 minutes.

Meanwhile, combine biscuit mix, milk and $\frac{1}{2}$ can French fried onions; mix thoroughly. Drop by spoonfuls to form 6 biscuits around edge of casserole. Bake, uncovered, 15 to 20 minutes or until biscuits are golden brown. Top with remaining cheese and onions and bake about 2 to 3 minutes, until onions are toasted. Makes 6 servings.

CURRIED TURKEY TETRAZZINI

- | | |
|-----------------------------------|---------------------------------------|
| 2 Tbsp. minced onion | 2 Tbsp. parsley flakes |
| 1 Tbsp. butter | 8 oz. wide egg noodles |
| 2 $\frac{1}{2}$ tsp. curry powder | 1 (1 lb.) cooked, cubed turkey breast |
| Pepper to taste | $\frac{1}{2}$ c. Cheddar cheese |
| 1 can cream of mushroom soup | |
| 6 oz. chicken broth | |

Saute onion in butter; add soup, pepper, broth, and curry powder. Cook over low heat in glass cake dish. Arrange in layers, beginning with noodles, then turkey, then sauce, and ending in noodles. Cover and bake 30 minutes at 350°. Uncover, sprinkle cheese over top, and bake 10 minutes longer. Garnish with parsley.

Anita Graber

TURKEY IN A BAG

Prepare and stuff turkey as for any other method. Slide bird into a large, heavy brown paper bag (cash-and-carry grocery sack). Be certain there are no holes in the bag. Twist the end shut and tie with string. Do *not* place in a roaster, but set bagged bird on broiler pan rack. Place in a 325° preheated oven. The bag will not scorch. Turkey, which is 12 pounds or under, is roasted 25 minutes per pound. (Be sure the turkey is thoroughly thawed or the cooking time will be inaccurate.) Turkeys weighing more than 12 pounds should be roasted at 20 minutes per pound.

The hardest instructions for this process is not to peek, poke or baste. When cooking time is up, lift rack and all to the top of the range. Some of the juices will have seeped through the drip pan, but an amazing amount will still be in the sack. Carefully tear sack away, allowing juices to run into drip pan; slide turkey onto heated platter. Remove rack and make gravy right in the drip pan. This is a guaranteed, never-fail process for a beautiful golden-brown turkey.

Cindy Jones

BAG TURKEY

Turkey
1 lb. butter
Salt and pepper

2 large paper grocery bags, put 1
inside the other

Heat oven to 325°. Put butter out to soften. Prepare your favorite stuffing; stuff turkey, tie legs and wings. Smear $\frac{3}{4}$ of a pound of butter all over the inside of grocery bag. Rub the butter into the bag. Take remaining $\frac{1}{4}$ pound of butter and rub all over the turkey; salt and pepper it. Insert turkey into bag, fold and roll open end of bag and secure tightly shut. Bake the turkey 20 minutes to a pound for bird under 16 pounds; 15 minutes per pound for bird of 16 pounds. Gravy can be made from the drippings. Works best with a fresh turkey. Beautiful, golden brown, moist turkey with no basting.

Woody Tucker

ROAST TURKEY

1 (22 lb.) turkey

Butter

Heat oven to 350°. Select a large, meaty bird for roasting, one weighing about 22 pounds is best for this method. Clean and place, breast side up, in roasting pan. Rub the skin generously with soft butter. Place in oven, uncovered, at 300° for 1 hour, then turn heat down to 185° for 20 hours. Remove and let rest $\frac{1}{2}$ hour before carving.

This slow method results in a very moist, delicious bird; basting is never necessary.

Woody Tucker

CHICKEN-FRIED STEAK

Use 2 pounds of good-grade inside round steak, $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Ask butcher to tenderize or pound thoroughly on both sides with meat-tenderizing mallet. Trim off all gristle and fat. Cut into pieces 5 to 6 inches in diameter. Flour each piece thoroughly and shake off excess. Dip in batter (*right*) and drain, then flour again and shake off excess. Use a deep-fryer half-filled with a good brand of vegetable cooking oil. Preheat to 325°. Cook meat 7 to 10 minutes or until golden brown.

Lois Veatch

CHICKEN-FRIED STEAK GRAVY

1 stick margarine
8 c. milk
½ c. vegetable cooking oil

1 c. flour
2 tsp. salt

Melt margarine completely; add milk and mix thoroughly. Bring to a boil. Blend flour into oil; add to heated milk. Stir until smooth and thickened. Remove from heat; add salt and pepper to taste.

Lois Veatch

CHICKEN-FRIED STEAK BATTER

3 Tbsp. sugar
½ tsp. salt
1 whole egg

1 Tbsp. baking powder
2 c. milk

Mix the first 4 ingredients with half of the milk and stir until smooth. Add remainder of milk and mix well. I use ½ recipe for our family.

Lois Veatch

CHICKEN-FRIED STEAK BISCUITS

2 c. flour
1 tsp. salt
3 tsp. baking powder

5 Tbsp. butter
¾ c. milk

Sift all the dry ingredients into a bowl; cut in butter until mixture looks like coarse meal. Add milk and mix until smooth. Knead dough on a floured board; roll and cut biscuits with floured rim of glass. Place biscuits on floured baking sheet and place in preheated oven at 425°. Bake about 12 to 15 minutes or until brown on top. Makes about 20 biscuits.

Lois Veatch

COUNTRY FRIED STEAK

Put 4 teaspoons oil in a skillet.

Mix together and make into 6 to 8 patties:

1 lb. ground turkey
1 Tbsp. dried onion
½ tsp. garlic powder

½ c. flour
Salt and pepper

Fry patties in oil and place in a baking dish. To remaining oil in skillet, add ¼ cup more flour, some salt and pepper, 2 cups milk, and 1 cup water. Cook till thick. Pour over patties and bake 20 minutes at 350°. Hamburger or sausage may be used in place of turkey.

Lori Cox

PERFECT BEEF STROGANOFF

2 lb. filet of beef
6 Tbsp. butter
1 c. onion, chopped
1 clove garlic, chopped
½ lb. fresh mushrooms, sliced
3 Tbsp. flour
2 Tbsp. meat extract paste
1 Tbsp. ketchup
½ tsp. salt

⅛ tsp. pepper
1 (10½ oz.) can beef bouillon
¼ c. dry white wine (optional)
1 Tbsp. snipped fresh dill or ¼ tsp.
dried dill weed
1½ c. commercial sour cream
1½ c. cooked wild rice tossed with
4 c. cooked white rice

Trim fat from beef and cut into ½ inch strips. Melt 2 tablespoons butter in heavy skillet and sear beef quickly on all sides (do only enough at one time to cover bottom of pan). Set beef aside.

In remaining butter, saute onion, garlic and mushrooms until onion is golden. Remove from heat and add flour, extract, ketchup, salt, pepper, and stir until smooth. Gradually add bouillon; bring to boiling, stirring. To this point may be made ahead of time.

Over low heat, add wine, snipped dill and sour cream, stirring until well combined. Add beef; simmer just until sauce and beef are hot. Serve with rice. May sprinkle 2 tablespoons dill or parsley over top. Yield: 6 servings.

A new twist ... serve the stroganoff inside a rice ring.

Woody Tucker

BEEF CHOUFLEUR

1 lb. round steak, cut in thin strips
2 Tbsp. butter or margarine
1 green pepper, diced
1 head cauliflower, separated into
flowerets
¼ c. soy sauce

1 clove garlic
2 Tbsp. cornstarch
½ tsp. sugar
1½ c. beef broth
1 c. chopped green onion
Fresh grated ginger

Brown meat in butter; add cauliflower, pepper, soy sauce, garlic, and ginger. Stir lightly and cover. Allow to simmer for 10 minutes or until vegetables are crisp and tender. Blend cornstarch, sugar and broth; add to meat mixture with onions. Cook, stirring constantly, until thoroughly heated and sauce has thickened. Serve over hot rice or noodles.

Geni Woody

ROUND STEAK CASSEROLE

2 lb. round steak
1 tsp. salt
¼ tsp. pepper
1 onion, sliced
3 potatoes, in fourths

1 can green beans, drained
1 clove garlic
1 can tomato soup
1 (14 oz.) can tomatoes, drained

Season steak with salt and pepper; cut into serving size pieces and place in crock pot with sliced onion, which has been separated into rings. Add potatoes, green beans and garlic; top with soup and tomatoes. Cover and cook on LOW 8 to 10 hours or HIGH 4 to 5 hours.

Lori Cox

MUSHROOM STEAK

Makes 4 servings.

6 Tbsp. ($\frac{3}{4}$ stick) butter
1 medium onion, sliced
 $\frac{1}{2}$ lb. mushrooms, sliced
1 lb. round steak, cut into thin strips

1 c. whipping cream
 $\frac{1}{8}$ tsp. ground ginger
Salt and freshly ground pepper
Chopped fresh parsley
Freshly cooked rice

Melt 4 tablespoons butter in heavy large skillet over medium heat; add onion and cook until soft, stirring occasionally, about 10 minutes. Reduce heat to low. Add mushrooms and cook until just tender, about 5 minutes.

Increase heat to high. Push vegetables to side. Add remaining 2 tablespoons butter to center of skillet and melt. Add steak and stir-fry until browned, about 2 minutes. Mix in vegetables; stir in cream and ginger and heat through. Season with salt and pepper. Transfer to serving platter; garnish with parsley. Serve immediately with rice.

Val Hederstedt

BAKED STEAK

1 lb. round steak or minute steaks
1 tsp. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{4}$ c. flour

2 Tbsp. fat
 $\frac{1}{4}$ c. chopped onion
1 can mushroom soup
 $\frac{1}{2}$ c. water

Brown meat; put in casserole. Add onion to fat and cook until yellow. Add soup and water; mix - pour over meat. Cover and bake at 325° for $1\frac{1}{2}$ hours.

Lois Veatch

SKEWERED STEAK

1 small can pineapple chunks
1 onion, chunked
 $\frac{1}{3}$ c. Kikkoman sauce
Meat tenderizer

1 green pepper, chunked
1 jar whole mushrooms
1 to 2 lb. round steak or steak of choice, cubed

Marinade: Use Kikkoman, juice drained from pineapple chunks, generous sprinkling of tenderizer in sauce; mix.

Add meat chunks; stir till meat is covered with sauce. Cover and refrigerate approximately 3 hours, stirring occasionally. Alternate meat, pineapple, onion, green pepper, and mushrooms on skewers. Smoke on the grill to desired doneness - turning often. (Takes approximately 10 to 15 minutes.)

Stephanie Conkright

TOURNEDOS HENRI IV

6 fillets, cut 1 inch thick
4 Tbsp. butter
6 toast rounds
¼ c. Madeira
¼ c. beef broth

6 artichoke bottoms
2 to 4 large mushrooms, sliced
and sauteed
1 c. Bearnaise Sauce

Heat Bearnaise Sauce slowly in double boiler and keep warm over water. Saute steak in hot butter or broil with a pat of butter in center of fillet for 3 to 4 minutes on each side. Place toast rounds on warm platter and fillets on top of toast. Pour fat out of pan and add wine and broth. Cook quickly, stirring constantly, with a wire whisk. Cool 2 to 3 minutes; pour over steaks.

Place an artichoke bottom on top of each steak. Garnish with sliced sauteed mushrooms. Spoon warm Bearnaise Sauce over artichokes. Serve remaining sauce separately. Yield: 6 servings.

Sounds hard ... really quite simple!

Woody Tucker

TANGY BEEF KABOBS

Steak
Swiss Chalet (Italian style)
dressing or a creamy Italian
dressing

Green peppers
Onions
Mushrooms
Cherry tomatoes

Marinate steak in dressing overnight. Cut into 1½ to 2 inch cubes. Skewer meat chunks, green pepper chunks, fresh mushrooms, onions, and whole cherry tomatoes. Broil or charcoal until meat is desired doneness. Cooking time under 10 minutes.

Best to make meat chunks larger than pepper and onion as they do not cook as quickly as meat.

Woody Tucker

BEEF CURRY

1 Tbsp. flour
1 tsp. salt
⅓ tsp. pepper
1 lb. round steak, cut into ¾ inch
cubes
¼ c. fat

2 c. sliced onions
½ minced clove garlic
1 tsp. curry powder
1 beef bouillon cube
1 c. boiling water
½ c. tomato juice

Combine salt, pepper and flour and roll meat in mixture. In 2 tablespoons of fat, brown meat well; add rest of fat, onions, and garlic and saute until light brown. Sprinkle with curry powder. Add bouillon cube and water. Simmer, covered, 1¼ hours or until meat is tender; add tomato juice and reheat. Can be made ahead and tomato juice added at serving time. Serve over hot cooked rice.

Doris Kimmel

BEEF TENDERLOIN IN CLARET

3 lb. beef tenderloin	4 Tbsp. butter
Salt and pepper	½ c. claret wine
Bacon strips	½ c. consommé
4 green onions or 1 medium onion, thinly sliced	1 tsp. cornstarch

Heat oven to 300°. Rub tenderloin with salt and pepper. Lay several strips of bacon over tenderloin; roast for 1 hour. Sauté onions in butter; add claret and cook until reduced by half. Add consommé with cornstarch and simmer until thickened. Pour over tenderloin and put under broiler until brown. You may add 2 tablespoons brandy at table and light for effect. Yield: 8 servings.

Woody Tucker

CROCK POT PEPPER STEAK

1½ lb. round steak	1 can tomatoes
Flour	1 Tbsp. soy sauce
1 chopped onion	1 tsp. Worcestershire
1 green pepper	1 beef bouillon cube

Dip steak in flour (after cutting into pieces). slice onion and green pepper over steak. Mix remaining ingredients together and pour over steak. Cook on LOW 8 to 12 hours.

PRIME RIB IN TANGY WINE SAUCE

Have on hand a large prime rib roast (6 to 8 ribs).

Marinade:

2 c. wine vinegar	2 bay leaves, crushed
1 c. water	6 cloves garlic, crushed
1 c. burgundy	1 tsp. tarragon leaves
¼ c. gin	5 drops of Tabasco sauce
¼ c. onion juice	

Heat oven to 375°. Combine marinade ingredients; marinate overnight, turn occasionally. Let stand 3 hours at room temperature. Remove from marinade and sprinkle with salt; roast. After 1 hour, baste every half hour with marinade until meat thermometer registers 140°. Let set 15 minutes. Carve and serve with pan juices. Yield: 8 to 10 servings.

Woody Tucker

EASY OVEN POT ROAST

4 lb. rump roast
1 (10½ oz.) can cream of
mushroom soup
1 c. burgundy wine
1 large onion, finely chopped
1 small clove garlic, crushed

2 Tbsp. chopped parsley
Salt and pepper
4 medium size potatoes, peeled
and quartered (optional)
4 medium size carrots, quartered
(optional)

Heat oven to 325°. Place meat in Dutch oven or small roaster. Blend soup and wine; pour over meat. Add onion, garlic, parsley, salt, and pepper. Cover and bake for 5 hours. If carrots and potatoes are to be added, put them in pan for last hour of roasting. Serve the soup sauce as a gravy over the sliced meat. Yield: 6 servings.

Woody Tucker

PERFECT RIB ROAST

Rib roast (bone in)

Salt and pepper

Heat oven to 375°. Roast should be room temperature. Bake in roaster pan 1¼ hours, uncovered, fat side up. Turn off oven. Do not open oven door. Forty-five minutes before serving, add salt and pepper and turn oven to 300°.

This recipe is fine for any size roast over 4 pounds. Count on ½ pound per person. All the slices will be the same shade of pink.

Very simple way to prepare the entree and have it worry-free and delicious.

Woody Tucker

WORKING WOMAN'S ROAST

Beef or pork roast
½ c. Pepsi or Coke
1 pkg. dry Lipton onion soup
2 Tbsp. Worcestershire sauce

1 can cream of mushroom soup
1 or 2 garlic buttons, slivered and
put into slits in roast

Put large sheet of foil in pan, enough to completely close up. Bake at 250° for 8 hours. Your gravy is with roast. Can also add potatoes and/or carrots.

This can also be put in crock-pot and cooked all day.

Denise Ertl

RUMP ROAST STROGANOFF

5 lb. rump roast
1 Tbsp. paprika
2 tsp. salt
2 tsp. pepper
2 Tbsp. vegetable oil
1 (8 oz.) can sliced mushrooms
1 Tbsp. lemon juice

½ c. burgundy
1 (15 oz.) can tomato sauce
1 bay leaf
Small white onions
Small carrots
2 Tbsp. celery leaves or parsley
2 to 3 (8 oz.) ctn. sour cream

Trim off fat from roast; sprinkle with paprika, salt and pepper. Brown in oil. Combine mushrooms, lemon juice, burgundy, tomato sauce, and bay leaf. Simmer roast in these ingredients for 2 hours. Add onions and carrots and simmer another hour. Remove roast. Stir parsley, tarragon and sour cream into juices from roast. Spoon over roast and serve. Yield: 6 to 8 servings.

Serve with buttered noodles and green vegetable ... a good company meal.
Woody Tucker

BEEF STROGANOFF

2 Tbsp. flour	2 c. sour cream
1 Tbsp. salt	Parsley
¼ tsp. pepper	1½ lb. sirloin or tenderloin steak,
1 clove garlic	¼ to ½ inch thick
¼ c. butter	1 can cream of chicken soup
½ c. onion, minced	1 lb. sliced, washed mushrooms,
¼ c. water	or 8 oz. can

Combine flour, salt and pepper. Trim fat from steak; rub both sides with garlic. Chop remaining garlic; set aside. Pound flour mixture into both sides of meat; cut meat into strips. Melt butter in Dutch oven; brown onion and garlic. Remove onion, garlic and butter. Brown meat strips in Dutch oven, turning often, until well browned. Remove meat, add water; stir and dissolve brown particles. Return meat, butter, onions, and garlic to oven. Cover; simmer 15 to 20 minutes. Add soup and mushrooms. Cover and cook until mushrooms are tender. Uncover, cook over low heat until mixture is thick and meat is tender, about 1 to 1¼ hours; stir occasionally.

Just before serving stir in sour cream. Thicken gravy if desired. Garnish with parsley. May have to add water to meat while it's cooking. Serve over boiled noodles. Serve with pumpnickel bread and garden salad. A red wine is good. Serves 4.

Note: This is an easy recipe to double. I always double it because it's my kids favorite!

Carol Miller from Rae Ramsey

EASY BEEF STROGANOFF

Round steak, cut in strips (or 1 lb. ground beef)	1 c. water
1 pkg. dry onion soup mix	1 small ctn. sour cream

Brown meat (season to taste); drain grease. Add 1 cup water and dry soup mix to meat; stir. Add sour cream and mix well. Simmer to heat through, and until desired consistency. Serve over rice or noodles.

Julie Smith

KANSAS CITY CASSEROLE

2 lb. round steak, trim fat, cut into
small strips
1/3 c. flour
1 tsp. paprika (no salt)
1/4 c. shortening

1 pkg. white onions
1 can cream of chicken soup
1 can cream of mushroom soup
1 c. sour cream
1 c. water

Brown steak strips in 1/4 cup shortening. When brown, place in (greased flat casserole baking dish); add white onions, drained. In saucepan, combine 1 cup cream of chicken, 1 cup cream of mushroom, 1 cup sour cream, and 1 cup of water. Bring to boil. Pour 1/2 of mixture over steak strips and onions. Bake, uncovered, at 350° for 45 minutes. Top with Butter Crumb Dumplings (uncovered). Pour the other 1/2 of soup mixture over dumplings. Bake at 425° for 20 to 25 minutes till dumplings are done.

Butter Crumb Dumplings:

1 pkg. biscuit mix
1 tsp. poultry seasoning

1 tsp. onion flakes
1 1/2 Tbsp. poppy seed

Add water till moistened all ingredients; dip into melted butter. Roll in bread crumbs and place on top of baked steak.

Connie K. Oglesby

BARBECUED BEEF

1 (5 to 6 lb.) beef brisket
3 oz. liquid smoke
Celery salt
Onion salt

Garlic salt
Salt and pepper
Worcestershire sauce
16 oz. barbecue sauce

Place meat in shallow pan; pour liquid smoke over meat. Sprinkle generously on both sides with celery salt, onion salt, and garlic salt. Refrigerate overnight. Remove from baking dish and sprinkle both sides with salt, pepper and a small amount of Worcestershire sauce. Cover pan with foil. Bake at 275° for 5 hours. Uncover meat and pour barbecue sauce over meat. Bake, covered, 1 hour. Makes 10 servings.

Lois Veatch

BAR B Q BEEF FOR SANDWICHES

2 lb. roast
1 (8 oz.) tomato sauce
1 medium onion, chopped
1 clove garlic, minced
1/4 tsp. pepper
1 tsp. salt
1/2 c. water

1/4 c. catsup
1/2 tsp. dry mustard
1/4 c. lemon juice
1/4 c. vinegar
2 Tbsp. brown sugar
1 Tbsp. Worcestershire sauce

Cook roast until tender; put in blender and chop. Mix together all other ingredients for sauce. Pour over chopped roast and cook until sandwich consistency. Serve on onion buns or Kaiser rolls. Serves 6 to 8.

Cindy Jones

BAR-B-Q MEATBALLS AND SAUCE

1 lb. hamburger	1/2 c. bread crumbs
1 egg	1/4 c. chopped onion
1/4 c. milk	1 tsp. salt
1 tsp. Worcestershire Sauce	1/4 tsp. pepper

Mix together all ingredients for meatballs. Roll into 16 balls. Bake in microwave, covered, on HIGH for 7 to 8 minutes.

Sauce:

1/2 c. catsup	1 Tbsp. vinegar
2 Tbsp. brown sugar, packed	1 tsp. Worcestershire

Mix together sauce ingredients and pour over balls. Heat and serve. Serves 3 to 4.

Cindy Jones

BAR-B-QUE MEATBALLS

Meatballs:

1 (13 oz.) can evaporated milk	1 c. chopped onion
3 lb. hamburger	1/2 tsp. garlic powder
2 c. quick cook oatmeal	2 tsp. salt
2 eggs	1 tsp. chili powder

Mix and shape into balls the size of walnuts; place in flat pan. Only 1 layer to each pan.

Sauce:

2 c. catsup	2 Tbsp. liquid smoke
2 c. brown sugar	1/2 tsp. garlic powder
1/2 c. chopped onion	

Dissolve sauce and pour over meatballs and bake for 1 hour at 350°.

Debbie Russell

BARBECUE MEATBALLS

3 lb. hamburger	1/2 tsp. garlic powder
1 (13 oz.) can evaporated milk	1/2 tsp. pepper
2 c. crumbled saltine crackers	2 tsp. chili powder
1 medium onion, chopped	2 tsp. salt
2 eggs	

Mix meatball ingredients together and form into balls the size of a walnut. Place in a 9x13 inch pan and a 9 inch square pan and cover with sauce. Bake for 1 hour at 350°. Keep hot in chafing dish to serve.

Sauce:

2 c. ketchup	2 Tbsp. liquid smoke
1/2 c. chopped onions	2 c. firmly packed brown sugar
1/2 tsp. garlic powder	

Bring all ingredients to a boil in saucepan; pour over meatballs and bake.

Betty Schaffter

MEATBALLS IN CRANBERRY SAUCE

2 lb. ground beef	2 eggs
1 c. Italian bread crumbs	2 Tbsp. soy sauce
1/4 tsp. pepper	1/2 tsp. garlic powder
1/3 c. ketchup	2 Tbsp. minced onion
1/3 c. parsley flakes	

Mix all preceding ingredients together; form into small balls.

1 (1 lb.) can jellied cranberry sauce	1 (12 oz.) bottle chili sauce
2 Tbsp. brown sugar	1 Tbsp. lemon juice

Mix in pan and melt down over low heat. Pour over meatballs and bake, uncovered, 30 to 40 minutes at 350°. Serves 6 to 8.

Carol Berger

BIEROCKS

1 lb. hamburger	2 tsp. Morton's all seasoning
1 large onion, chopped	2 large cans Pillsbury biscuits
1 1/2 c. chopped cabbage	

Brown hamburger and onion; drain. Add rest of ingredients and simmer until cabbage is tender. Take each biscuit and flatten out. Put 2 tablespoons of hamburger mixture on each biscuit. Fold and put on greased cookie sheet. Bake at 350° for 10 minutes or until brown. Serves 10.

Pam Heimerman

RUNZA CASSEROLE

1 medium head cabbage, shredded	1 can mushroom soup
1 onion, chopped	2 pkg. crescent rolls
1 1/2 lb. ground beef	1 c. cheese, shredded
	Salt and pepper to taste

Boil cabbage until tender. Brown hamburger and onion; drain. Combine beef, cabbage, onion, soup, salt, and pepper. Cover bottom of 9x13 inch greased pan with 1 package crescent rolls. Add beef mixture and top with cheese. Place the second package of crescent rolls on top. Bake 30 minutes at 350°.

Joyce Luginsland

BURGER BEAN CUPS

1 can cream of mushroom soup
1/3 c. fine dry bread crumbs
1 egg, slightly beaten
1 can green beans

1 lb. ground beef
1/4 c. chopped onion
1/2 tsp. salt
Pepper

Mix 1/4 cup soup, ground beef, bread crumbs, onion, egg, and salt and pepper. Divide into 4 parts on waxed paper; flatten in a circle. Turn up edge of meat to form 1/2 inch rim. Place in shallow baking dish or cookie sheet. Combine remaining soup and beans. Spoon into burger cups and bake at 350° for 30 minutes. Makes 4 cups.

EASY OPEN-FACE BEEF BURGERS

1 lb. hamburger, browned
1/2 pkg. onion soup mix
4 Tbsp. water

1 can cream of mushroom soup
1 c. shredded Cheddar cheese

Mix all together until cheese melts. Serve open-face over wheat buns.

Anita Graber

NU-WAY BURGERS

2 lb. hamburger
1/2 tsp. chili powder
1 1/2 c. cracker crumbs
1 tsp. mustard
2 eggs

3/4 tsp. pepper
1 tsp. salt
1 Tbsp. dry onion
2 c. milk

Mix together. If too dry, add more milk. Bake 1 hour at 350°, uncovered, stirring every 15 minutes.

Carrie Walker

HAMBURGER GOO

1 lb. hamburger
1 c. chopped celery
1/2 c. chopped onion
2 Tbsp. flour
1 Tbsp. brown sugar

2 Tbsp. vinegar
1 c. catsup
1/2 tsp. dry mustard
Hamburger buns

Crumble hamburger into 10 inch skillet. Cook until brown; drain. Add celery, onion, flour, brown sugar, vinegar, catsup, and dry mustard. Simmer 15 to 20 minutes. Serve on buns.

Dee Kness

SMOKY BEEF ON A BUN

1 lb. ground beef
2/3 c. catsup
1/4 c. water
1/2 tsp. dry mustard

1/4 tsp. pepper
1/2 tsp. liquid smoke
2 Tbsp. butter
4 buns

Brown beef in a frying pan. Stir in catsup, water, mustard, pepper, and liquid smoke. Cook about 10 minutes to blend flavors. Butter buns and toast under broiler. Serve beef on toasted bun.

Pam Heimerman

SLOPPY JOES

2 lb. ground beef
1 onion, chopped
2 c. ketchup
2 Tbsp. brown sugar

1 Tbsp. vinegar
1 1/2 Tbsp. liquid smoke
Dash of garlic powder
Salt and pepper

Brown beef and onion together; drain. Add all other ingredients. Simmer slowly at least 30 minutes (the longer the better). This recipe is great made in large quantities for big groups or for freezing. Yield: 8 servings.

Preparation time: 15 minutes. Cooking time: 30 minutes - 1 hour.

Cindy Ballard

MANDU - KOREAN EGG ROLLS

1 lb. hamburger
1 head cabbage
1/2 chopped onion
1 can bean sprouts

Soy sauce
1 egg
1 pkg. won ton wrappers

Fry hamburger and drain grease. Chop cabbage real fine and chop onion. Combine hamburger, cabbage, onion, bean sprouts, and soy sauce to taste. Put meat mixture on won ton. Beat egg and use on edges of won tons to seal them shut. Deep fat fry until brown.

HAMBURGER STROGANOFF

1/2 c. minced onion
1 clove garlic, minced
1/4 c. oleo
1 lb. ground beef
2 Tbsp. flour
2 tsp. salt

1/4 tsp. pepper
1 lb. fresh mushrooms or 1 (8 oz.)
can
1 c. chicken soup
1 c. sour cream
2 Tbsp. minced parsley

Saute onion and garlic in oleo over medium heat; stir in meat and brown. Stir in flour, salt, pepper, and mushrooms; cook 5 minutes. Stir in soup; simmer (uncovered) 10 minutes. Stir in sour cream and cook 5 minutes. Serve over noodles or rice.

Anonymous

YUMMY HAMBURGER-NOODLE CASSEROLE

- | | |
|-----------------------|-------------------------------|
| 2 lb. hamburger | 1 can undiluted mushroom soup |
| 1 onion, chopped | 1 (3 oz.) evaporated milk |
| ½ lb. American cheese | 1 pkg. noodles, cooked and |
| ½ lb. Cheddar cheese | drained |

Brown hamburger and onion; drain off excess grease. Add cheese, soup and milk; simmer till cheese is melted. Pour over cooked noodles and mix well. Place in greased casserole dish. Baking time: 30 minutes at 350°.

GROUND BEEF-VEGETABLE-RICE CASSEROLE

- | | |
|--------------------------------------|-------------------------|
| 1 lb. lean ground beef | 3 carrots, sliced thin |
| 1 c. rice (can use quick or regular) | 1 onion, chopped |
| 3 potatoes, sliced thin | About 2 c. tomato juice |

Crumble ground beef in bottom of greased 2 quart casserole. Layer rice, potatoes, carrots, and onion. Cover with tomato juice. Bake, covered, 2 hours at 350°.

WILD RICE CASSEROLE

- | | |
|-----------------------------|-------------------------|
| 1½ lb. ground beef, browned | 2 c. hot water |
| 1 c. celery, chopped | ½ c. wild rice |
| 1 medium onion, chopped | 1 can chow mein noodles |
| 1 can mushroom soup | Soy sauce to taste |
| 1 can cream of potato soup | |

Do *not* cook rice first. Mix all ingredients, except noodles. Bake in casserole dish at 300° for 1½ hours. Stir occasionally the first half hour. Garnish with noodles before serving. (I even cook this in the microwave.)

Dee Kness

HAMBURGER RICE CASSEROLE

- | | |
|-----------------------------|-----------------------------------|
| 1½ lb. hamburger | 1 c. rice |
| 1 can cream of chicken soup | Chopped onion (to your own taste) |

Cook rice. Brown hamburger; drain. Combine rice and hamburger; add cream of chicken soup. Let simmer.

Pam Heimerman

HAMBURGER AND RICE CASSEROLE

- | | |
|-----------------|--------------------------|
| 1 lb. hamburger | Peas or carrots (frozen) |
| 1 c. rice | Cheese |
| 1½ c. water | |

Brown hamburger and season; drain off fat. Add rice, water and peas or carrots. Simmer for 20 minutes or until rice is done. Check once to see if more water is needed. When rice is done, add cheese (as much as desired); stir until cheese is melted.

Alisa Muir

TATER TOT CASSEROLE

1/2 c. onions (optional)
1 lb. ground beef
1 can green beans, drained

1 can Cheddar cheese soup
Frozen tater tots

Brown onions and ground beef; drain fat. Spoon mixture in baking dish; add drained green beans and Cheddar cheese soup. Top with tater tots. Bake for 45 minutes at 350°.

Jo Horn

HAMBURGER TOT DISH

1 lb. hamburger
1 can cream of chicken soup
1 can cream of mushroom soup

1 box frozen peas
1 box frozen tater tots

Form hamburger into small meatballs. Pour soups and peas over meat; top with tater tots. Bake 1 hour at 375°.

Terr Bloomer

TEXAS HASH

3 large onions, sliced
1 large green pepper, diced
3 Tbsp. fat
1 to 1 1/2 lb. ground beef
1 can tomatoes, cut up

1/2 c. Minute rice
1 tsp. chili powder
2 tsp. salt
1/8 tsp. ground pepper

Saute onions and green pepper until onions are yellow. Add meat and fry until mixture falls apart; stir in other ingredients. (I usually drain off the grease.) Pour into greased 2 quart casserole. Cover and bake 1 hour at 350°, removing cover last 15 minutes. Serves 4 to 6.

Terry Edwards

CAMP CASSEROLE

1 or 2 lb. ground beef (raw)
1 medium onion, chopped
1 can cream of mushroom or
cream of celery soup

1 can peas or corn
Top with tater tots

Layer in casserole in order given. Bake in 350° oven for 1 1/2 hours at 350°.

GROUND BEEF CASSEROLE

1½ lb. ground beef	½ c. milk
1 c. chopped onion	¼ c. catsup
1 tsp. salt	8 oz. cream cheese
1 can cream of mushroom soup	1½ to 2 cans biscuits

Brown beef and onion, then drain off excess grease. Add remaining ingredients (except biscuits); stir all together until cheese is dissolved. Put in casserole and bake 10 minutes at 350°. Take from oven and top with biscuits. Continue baking for 20 to 25 minutes or until biscuits are browned.

Shirley Fiffe

HAMBURGER CASSEROLE

1 lb. ground beef	1 can cream of mushroom soup
1 onion, chopped	1 pkg. tater tots
1 can green beans, drained	

Brown and drain beef and onion together. Put into 9x9 inch baking dish. Cover with green beans. Spread with cream of mushroom soup; top with tater tots. Bake 30 to 45 minutes at 375°.

Lori Cox

HAMBURGER-BEAN CASSEROLE

1 lb. ground beef	2 to 4 Tbsp. brown sugar
1 small onion, finely chopped	3 Tbsp. Worcestershire sauce
¼ tsp. garlic (optional)	1 c. catsup
1 Tbsp. mustard	1 can baked beans

Brown beef with onion and garlic in skillet, stirring until ground beef is crumbly; drain well. Add remaining ingredients; mix well. Simmer until flavors are blended.

May also serve with steamed tortillas and melted cheese.

Marilyn Hevener

CONFETTI CASSEROLE

2 lb. ground beef	2 Tbsp. brown sugar
½ c. chopped onion	8 oz. cream cheese
2 tsp. salt	16 oz. tomato sauce
¼ tsp. pepper	2 (10 oz.) pkg. frozen mixed vegetables
½ tsp. dry mustard	

Brown meat; add onion. Cook till tender. Add seasonings, sugar and cream cheese; stir till cheese melts. Add tomato sauce and vegetables. Bake in 3 quart casserole; sprinkle corn chips over top. Bake, covered, for 40 minutes, then 10 minutes, uncovered, at 375°. Can make in crock pot.

BEEF DRESSING CASSEROLE

- | | |
|---|-----------------------------|
| 1 small onion | 2 lb. ground beef |
| 12 slices bread, cubed | 1 tsp. prepared mustard |
| 1/4 c. celery, diced | 1 tsp. Worcestershire sauce |
| 2 cans (undiluted) cream of mushroom soup | 1 tsp. poultry seasoning |
| 1 c. milk | 1/4 tsp. pepper |
| | Salt to taste |

Mix onion, celery and bread. Blend 1 can soup with 1 cup milk. Mix with bread mixture. Cover and refrigerate overnight. Next day, mix meat, mustard and seasonings; add to bread mixture. Turn into 9x13 inch pan; spread other can of soup on top. Bake 1 hour at 375°.

Karen Williams

ZUCCHINI CASSEROLE

- | | |
|-------------------------|------------------------------|
| 1 large zucchini | 1 onion |
| 1 lb. hamburger | 1 can cream of mushroom soup |
| Cracker crumbs (on top) | 1/2 lb. grated cheese |

Layer cooked zucchini and browned hamburger, onion, and cheese. Pour 1 can cream of mushroom soup over this. Sprinkle with grated cheese and top with cracker crumbs. Bake at 350° for 30 to 45 minutes.

Lynne Miller

CORN BREAD CASSEROLE

- | | |
|----------------------------------|---------------------------------|
| 1 small box Jiffy corn bread mix | 1/4 c. chopped onion (optional) |
| 1 can cream style corn | 1/2 tsp. ground cumin |
| 1 1/2 lb. hamburger | 1 c. shredded Cheddar cheese |

Mix corn bread as directed on box. Add the cream corn and set aside. Brown hamburger, onion and cumin in microwave. (Use a plastic colander with another microwaveable bowl underneath to catch the grease.) Cook meat 3 to 6 minutes, stirring frequently. Drain all grease off meat and set aside. Pour half of the corn bread mixture in greased 9x9 inch casserole dish. Cover with hamburger, cheese and remaining corn bread mixture. Bake at 400° for 15 to 20 minutes.

For variation, add green chilies to corn bread mixture and follow remaining steps.

Carla Jackson

MEAT LOAF

- | | |
|--------------------------------|--------------|
| 1 can Campbell's mushroom soup | 1 egg |
| 2 lb. ground beef | 1 tsp. salt |
| 1/2 c. fine dry bread crumbs | 1/3 c. water |
| 1/3 c. chopped onion | |

Mix thoroughly $\frac{1}{2}$ cup soup, beef, bread crumbs, onion, egg, and salt. Shape firmly into loaf 8x4 inches and place in shallow baking pan. Bake at 375° for 1 hour. Blend remaining soup, water and 2 to 3 tablespoons drippings. Heat; stir occasionally. Serve with loaf. Makes 6 servings.

BASIC MEAT LOAF

1½ lb. ground beef	1 tsp. salt
½ c. dry bread crumbs	½ tsp. dry mustard
1 egg	¼ tsp. pepper
1 c. milk	⅛ tsp. garlic powder
1 small onion, diced	½ c. barbecue sauce
1 Tbsp. Worcestershire sauce	

Heat oven to 350°. Mix all ingredients, except barbecue sauce. Spread mixture in ungreased loaf pan 9x5x3 inches or shape into loaf in ungreased baking pan. Spoon barbecue sauce onto loaf. Bake, uncovered, 1 to 1½ hours; drain off fat.

Joy Ankerholz

MEATBALLS

2 lb. ground pork	2 eggs
1 lb. ground ham	1 c. milk
2 c. bread crumbs	

Mix preceding ingredients and make into small balls.

Heat together:

1 c. brown sugar	¼ c. vinegar
¾ c. hot water	1 tsp. dry mustard

Pour brown sugar mixture over meatballs. Bake at 450° for 15 minutes, then at 350° for 45 minutes; baste occasionally.

Doris Kimmel

SURPRISE MEATBALLS

¾ c. sour cream	2 large green olives
1 small onion, grated	2 Tbsp. Blue cheese
Salt and pepper	1 lb. ground beef
2 strips bacon	

For dipping sauce, combine sour cream, onion and 1 teaspoon of the salt; set aside. In a frying pan, cook bacon until crisp and then cut into $\frac{1}{4}$ inch pieces. Discard all but 1 teaspoon fat. Cut each olive in quarters. Shape Blue cheese into 6 balls about 1 teaspoon each.

Combine beef, $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper; shape into 20 balls. Make an indentation with your thumb in each ball and put in 1 teaspoon bacon, or $\frac{1}{4}$ olive, or 1 ball of cheese. Press beef around filling to seal. Saute meatballs in bacon fat over medium heat until brown, 10 to 15 minutes; drain. Serve with sour cream dipping sauce.

Pam Heimerman

PORCUPINE BALLS

1 lb. ground beef	$\frac{1}{2}$ c. bread crumbs
$\frac{1}{4}$ c. cut onions	1 tsp. paprika
1 tsp. salt	$\frac{1}{2}$ c. cooked rice
1 can tomato soup	2 c. boiling water

Mix all preceding ingredients together, except soup and water; shape into balls. Put in a pan and add soup and water. Simmer for 45 minutes.

Pam Heimerman

PORCUPINE MEATBALLS

$1\frac{1}{2}$ to 2 lb. hamburger	$\frac{1}{2}$ pkg. Lipton onion soup mix
1 egg	$3\frac{1}{2}$ to 4 c. water
1 box beef Rice-A-Roni	

Combine hamburger, egg and rice from Rice-A-Roni. Shape into small meatballs and brown. Place meatballs in casserole dish. Mix in separate pan, water, onion soup mix and flavor packet from Rice-A-Roni. Heat and thicken to thin gravy; pour over meatballs and bake in 350° oven for 1 hour.

Alyssa Koinzan

PORK CHOPS

Melted butter	Brown sugar
Apples, pared and sliced	Nutmeg
Sugar	Pork chops

Place melted butter in a casserole dish. Put in apples and sprinkle with sugars and nutmeg. Place browned and seasoned pork chops on top of apple slices. Bake about 1 hour, covered, at 350° .

Doris Kimmel

GLAZED PORK CHOPS

6 (1 inch) pork chops	3 Tbsp. vinegar
1 tsp. salt	1 tsp. dry mustard
$1\frac{1}{2}$ c. brown sugar	Dash of ginger

Trim excess fat off chops; arrange in $13 \times 9 \times 2$ inch baking dish. Sprinkle with salt. Combine remaining ingredients and spread over chops. Bake, uncovered, $1\frac{1}{2}$ hours at 350° . Turn over to serve. Makes 6 servings.

Rose Hughes

PORK CHOPS SARGENTO

- | | |
|-------------------------------------|-------------------------------------|
| 6 (6 oz.) center cut pork chops | 1 c. flour |
| 6 oz. shredded Mozzarella cheese | 1 c. fine bread crumbs |
| 1½ c. Pimento Sauce (see following) | 3 eggs and ½ c. milk (for egg wash) |
| 6 pinches of leaf oregano | |

Season and bread each pork chop by coating first with flour, egg wash then bread crumbs. Saute in melted butter until golden brown on both sides. Cover and cook until done, 7 to 10 minutes. When pork chops are done, sprinkle each with oregano, then shredded Mozzarella cheese, and broil until cheese is melted. In a saucepan, heat Pimento Sauce almost to a boil; serve each pork chop over 2 ounces of sauce.

Pimento Sauce - Combine in blender:

- | | |
|-----------------------------|------------------------|
| 1 (12 oz.) can red pimentos | Salt to taste |
| ¼ c. white wine | Tabasco sauce to taste |

Cindy Jones

PORK CHOPS WITH AMBER RICE

- | | |
|--|---------------------------------------|
| 6 pork chops (¾ inch thick) | 1 c. orange juice |
| Salt and pepper | 1 can condensed chicken and rice soup |
| 1½ c. precooked rice (Minute rice or precooked regular rice) | |

Brown chops; season with salt and pepper. Place partially cooked rice (or Minute rice) in large baking dish; pour orange juice over rice. Arrange chops on rice. Pour chicken soup over all. Cover and bake in moderate oven (350°) for 45 minutes. Uncover and bake 10 minutes longer.

Doris Kimmel

PORK CHOPS WITH ONIONS, BACON AND MUSHROOMS

Makes 6 servings.

- | | |
|--|---------------------------|
| Butter | ¼ lb. bacon, diced |
| 2 Tbsp. (¼ stick) butter | 2 Tbsp. all-purpose flour |
| 6 (5 oz.) pork loin chops (¾ inch thick) | 1½ tsp. paprika |
| Salt and freshly ground pepper | 1 c. whipping cream |
| 2 c. quartered mushrooms | 1 c. beef broth |
| 2 medium onions, chopped | 2 Tbsp. tomato sauce |
| | Freshly cooked rice |

Preheat oven to 375°F. Butter 9x16 inch glass baking dish. Melt 2 tablespoons butter in heavy large skillet over high heat. Season chops with salt and pepper; add to skillet (in batches if necessary) and sear until brown, about 2 minutes per side. Transfer to prepared baking dish; top with mushrooms.

Add onions and bacon to same skillet and cook over medium heat until onions are translucent and bacon is crisp, stirring frequently, about 10 minutes. Mix in flour and paprika. Increase heat to medium high; stir in cream and broth and bring to boil, stirring constantly. Mix in tomato sauce; season with salt and pepper. Pour sauce over mushrooms and chops. Transfer to oven and bake until chops are tender, 20 to 25 minutes. Serve with rice.

Dave Hederstedt

PORK CHOPS AND RICE CASSEROLE

6 pork chops
1 pkg. dry onion soup
1½ c. rice (uncooked)
Rings of green pepper

1 tsp. Worcestershire sauce
1½ c. boiling water
½ c. catsup

Mix last 3 ingredients. Pour over pork chops and rice, mixed with onion and pepper. Cover with tin foil. Bake at 350° for 1 hour.

Optional: Add grated cheese and put back in oven until melted.

Terri Bloomer

SWEET AND SOUR PORK

2 Tbsp. brown sugar
2 Tbsp. cornstarch
8 oz. pineapple chunks (save juice)
¼ c. teriyaki sauce (or soy)
3 Tbsp. vinegar

1½ tsp. catsup
1 lb. pork shoulder, cut in chunks
2 medium green peppers, cut in chunks
Chopped onion (optional)

Mix sugar and cornstarch in 2 quart casserole. Blend in juice, teriyaki sauce, vinegar, and catsup. Stir in pork and pepper. Cover; microwave on HIGH 5 minutes. Stir in pineapple chunks. Cover and microwave on medium until sauce is thickened and pork is cooked, 12 to 15 minutes, stirring once. Serve over rice.

Lois Veatch

HAM LOAF

2 lb. ground cured ham
2 lb. ground fresh pork
3 eggs, beaten
1 c. ground cracker crumbs

1 c. catsup
1 tsp. dry mustard
1 tsp. liquid smoke
Salt and pepper

Combine preceding ingredients. Shape into 2 large loaves.

Top with following syrup:

1 c. brown sugar
½ c. pineapple juice

½ c. catsup
½ tsp. liquid smoke

Top loaves with 1 small can crushed pineapple. Bake 1½ hours in a 350° oven.

Woody Tucker

HAM LOAF

1½ lb. smoked ham, ground
2 eggs, beaten
1½ c. soft bread crumbs
2 tsp. mustard

1½ lb. fresh ham (lean pork),
ground
1 scant c. milk
1 tsp. brown sugar

Make into a loaf.

Pour over it:

1½ c. brown sugar
1 tsp. mustard

½ c. vinegar
½ c. water

Bake for 2 hours; baste often. Add water and turn heat back if it starts to burn. The sauce is good for ham.

Nancy T. Shears

HAM AND CHEESE FILLED LOAF

1 loaf unsliced Italian bread
¼ c. mayonnaise
⅓ c. chopped parsley
8 oz. cream cheese
½ c. shredded Cheddar cheese

2 Tbsp. finely chopped onion
¼ tsp. salt
2 (4 oz.) pkg. sliced, boiled ham (8
slices)
1 large dill pickle

Split bread horizontally and hollow each half with a fork, leaving a ½ inch thick shell. Spread mayonnaise over hollows, then sprinkle parsley over mayonnaise. Blend cream cheese, Cheddar cheese, onion, and salt in bowl; spoon into bread halves, packing down well with back of spoon and leaving a hollow down center. Quarter pickle and roll inside double thick slice of ham, then place rolls, end to end, in bread. Cover with other half of bread and wrap in plastic wrap. Chill before serving. When ready to serve, cut into slices approximately ¾ inch thick.

Kim Schrag

HAM AND CHEESE POTATO ROLLS

1 doz. potato flour rolls
1 lb. shaved ham

12 slices American cheese

Sauce:

1 stick butter
¼ c. chopped onion

¼ c. mustard
1 tsp. celery salt

Mix ingredients for sauce together; spread mixture on rolls. Put a slice of cheese between ham slices and put on roll. To heat, use oven or microwave. These can be frozen in plastic wrap or foil.

Lori Cox

MUSHROOM ONION QUICHE

1 pie crust	¾ c. plain lowfat yogurt
1 tsp. Dijon mustard	½ c. buttermilk
¼ c. minced fresh onion	1 Tbsp. Parmesan cheese
3½ oz. Swiss cheese, shredded or cut into strips	2 tsp. cornstarch
¼ lb. mushrooms (1½ c.)	½ tsp. salt
3 large eggs	⅛ tsp. pepper
	⅛ tsp. nutmeg

Cook pie crust according to directions. Remove from oven; brush with mustard and cool. Put oven temperature on 350°. Layer onion, cheese and mushrooms in pie crust. Beat eggs with yogurt, buttermilk, Parmesan cheese, cornstarch, salt, pepper, and nutmeg; pour into crust. Bake 40 to 45 minutes until set and lightly browned. Let cool 10 minutes. Makes 6 servings; 297 calories.

Carol Berger

MICROWAVE QUICHE LORRAINE

1½ c. (6 oz.) shredded natural Swiss cheese	3 eggs
1 (9 inch) baked pastry shell	1 c. heavy cream
8 slices bacon	½ tsp. salt
	Dash of pepper

Remove frozen pie shell from foil pan to 9 inch glass pie plate; prick sides and bottom with fork. Microwave on HIGH for 4 to 5 minutes or until crust appears flaky - cool.

Sprinkle cheese into cooked pie shell. Microwave bacon and crumble over cheese. Beat remaining ingredients together and pour over cheese and bacon. Microwave on HIGH, uncovered, for 6 to 8 minutes, giving pie shell ¼ turn once or twice. Center will wiggle, but will finish cooking while standing.

Carol Berger

QUICHE LORRAINE (Low-cal)

1 (9 inch) pie crust	1½ c. skim milk
4 eggs	1 Tbsp. flour
6 slices bacon	¼ tsp. salt
¼ lb. (1 c.) Swiss cheese, shredded	⅛ tsp. red pepper
	Sliced mushrooms (if desired)

Cook pie crust - let cool. Break eggs into a medium bowl. Dip pastry brush into egg whites and brush pastry. Set aside pastry crust and eggs. Cook bacon; crumble onto pie crust. Sprinkle Swiss cheese and mushrooms on top of bacon. Put eggs into bowl; add skim milk, flour, salt, and pepper. Beat with wire whisk; pour into pie crust. Bake 15 minutes at 425°. Turn oven to 300° and bake 20 minutes longer. Let stand 10 minutes. Serves 6; 315 calories.

Carol Berger

HAM AND CHEESE QUICHE

3 eggs, beaten
¾ c. milk
½ tsp. salt
Pepper

1 c. shredded Cheddar cheese
1 c. chopped cooked ham
1 (9 inch) unbaked pie shell

Beat eggs with milk, salt and pepper in a bowl; add cheese and ham. Pour into pie shell. Bake at 350° for 45 minutes or until set. Let stand several minutes before serving.

Stacy Rice

SKILLET HAM SCALLOP

1 medium size onion, chopped (½ c.)
¼ c. chopped red pepper
¼ c. chopped green pepper
2 c. leftover cubed cooked ham
2 Tbsp. salad oil

3 c. cubed cooked potatoes
1 (7½ oz.) can cream of mushroom soup
¼ c. mayonnaise or salad dressing
½ tsp. salt
⅛ tsp. pepper

Saute onion, red and green peppers and ham in salad oil until vegetables are crisp tender; stir in potatoes. Blend mushroom soup, mayonnaise, salt, and pepper in a small bowl. Spoon over potato mixture, then stir in lightly; cover. Heat slowly 5 minutes, or until mixture bubbles. Makes 4 servings.

BRUNCH EGG BAKE

12 oz. (3 c.) shredded Cheddar cheese
12 oz. (3 c.) shredded Mozzarella cheese
4.5 oz. sliced mushrooms, drained
⅓ c. sliced green onions
½ c. red bell pepper, chopped

¼ c. butter, melted
8 oz. cooked ham, fine julienne strips
½ c. flour
1¾ c. milk
8 eggs, beaten

In large bowl, lightly toss cheese together. Sprinkle half of cheese mixture in ungreased 9x13 inch baking dish. In medium skillet, cook mushrooms, green onions and red pepper in butter until onions and pepper are tender. Arrange vegetables over cheese; arrange ham strips over vegetables. Sprinkle remaining cheese over ham. * Heat oven to 350°.

In large bowl, blend flour, milk and eggs; pour over layers in baking dish. Bake for 35 to 45 minutes or until mixture is set and top is lightly browned; let stand 10 minutes. Cut into squares. Garnish with red pepper and parsley if desired. Makes 12 servings.

* To make ahead, prepare to this point; cover and refrigerate.

Betty Schaffter

BRUNCH EGG BAKE

- | | |
|---|---|
| 12 oz. (3 c.) shredded Cheddar cheese | 1/4 c. margarine |
| 12 oz. (3 c.) shredded Mozzarella cheese | 8 oz. cooked ham, cut into fine julienne strips |
| 1 (4.5 oz.) jar sliced mushrooms, drained | 1/2 c. flour |
| 1/3 c. sliced green onion | 1 3/4 c. milk |
| 1/2 medium red bell pepper, chopped | 2 Tbsp. snipped fresh parsley |
| | 8 eggs, beaten |

Sprinkle half of cheeses in 13x9 inch baking dish. Saute vegetables in margarine until onion and pepper are tender. Arrange vegetables over cheese; arrange ham strips over vegetables. Sprinkle remaining cheese over ham. *

Blend flour, milk and eggs; pour over layers in dish. Bake at 350° for 45 minutes until mixture is set and top is lightly browned. Let stand about 10 minutes. Cut into squares. Garnish with red pepper and fresh parsley if desired. Makes 12 servings.

* To make ahead, prepare to this point; cover and refrigerate.

Debbie Cowl

BAKED EGGS AND HAM

- | | |
|-----------------------|---------------------------------|
| 1/4 c. plain croutons | Dash of pepper |
| 2 tsp. melted butter | 1 Tbsp. shredded cheese |
| 1 or 2 eggs | 2 Tbsp. fully cooked ham strips |

Toss croutons with melted butter; set aside. Break eggs into a buttered individual casserole; sprinkle with pepper. Top with cheese; arrange ham atop. Place buttered croutons around edge of dish. Bake, uncovered, at 350° until eggs are done, 15 to 18 minutes. Makes 1 serving.

Pam Heimerman

COUNTRY BREAKFAST PIE

- | | |
|----------------------------------|------------------------|
| 1 lb. sausage | 2 Tbsp. chopped onion |
| 1 (9 inch) pie shell | 4 eggs, lightly beaten |
| 1 1/2 c. grated Swiss cheese | 1 c. light cream |
| 1/4 c. chopped green bell pepper | |

Cook sausage until done. Crumble, then drain. Prepare pie shell or use ready-made. Mix cheese and sausage; sprinkle in shell. Lightly beat eggs in bowl. Combine remaining ingredients and add to egg mixture; pour in shell. Bake at 375° for 40 to 45 minutes. Cool 10 minutes. Serves 6 to 8.

I cook sausage the day before to save time, when I fix this for a company meal.

Lois Veatch

AUNT CAROL'S OVERNIGHT BREAKFAST

8 eggs	1 tsp. salt
6 slices bread	1 lb. sausage, cooked
1 c. grated cheese	1 tsp. dry mustard
2 c. milk	

Mix the preceding ingredients, then place in a well greased pan (9x13 inches). Refrigerate 12 hours (overnight). Bake in the morning for 35 minutes at 350°.

Linda McFarland

BREAKFAST CASSEROLE

1 lb. sausage	1 tsp. dry mustard
6 eggs	6 slices bread, broken
2 c. milk	1½ c. shredded cheese
1 tsp. salt	4 oz. mushrooms

Brown sausage; drain and cool. Beat eggs and milk together; add salt and mustard. Beat again. Add bread and stir until softened; stir in cheese, mushrooms and sausage. Pour into 9x13 inch baking dish; refrigerate overnight. Bake at 350° for 40 to 45 minutes. Let stand a few minutes to set. Serves 8.

Carol Berger

BREAKFAST CASSEROLE

8 slices bread, bite-size pieces	1 can mushroom soup
¾ Cheddar cheese, grated	4 eggs
2 lb. sausage, cooked and drained	2¼ c. milk

Combine all ingredients and bake 1 hour at 350°.

Can prepare ahead and refrigerate a day or 2 before baking.

Karen Jacobs

BREAKFAST TACOS

1 lb. Jimmy Dean sausage (mild or hot)	1 doz. eggs, well beaten
1 pkg. potatoes O'Brien	1 large pkg. flour tortillas (10 inch)
1 (32 oz.) pkg. hash browns	Cheddar cheese, shredded
	Picante sauce

In Dutch oven brown sausage; drain off grease. Push sausage to one side of Dutch oven. Pour the potatoes O'Brien in the Dutch oven and cook until tender. Mix the sausage and potatoes together. Pour hash browns in the Dutch oven and mix together with sausage and potatoes O'Brien. Place lid on Dutch oven and steam mixture, stirring occasionally.

When sausage and potato mixture is tender, push to one side of Dutch oven; pour in the beaten eggs. Add salt and pepper to taste. When eggs are done, stir the sausage and potatoes in with the eggs. Steam flour tortillas and place 2 tablespoons

of mixture on a tortilla and roll up, then wrap in Saran Wrap. Repeat until all mixture is used. Store in refrigerator or freezer. Before serving, sprinkle with cheese and pour picante sauce over each taco, then heat.

Donna Callahan

BREAKFAST TACOS

12 (9 inch) flour tortillas
1 lb. sausage
6 to 8 eggs, beaten
½ c. diced onion
½ c. diced green pepper

1 small box frozen hash brown
potatoes (optional)
Grated cheese
Picante sauce

Brown sausage; drain. Add onion and green pepper part. Add eggs; allow to set slightly and mix all together. Warm tortillas; fill each with a couple of table-spoonfuls of egg mixture. Wrap and top with grated cheese. Heat in microwave till cheese melts. Serve with picante sauce. These may be made ahead, wrapped individually and frozen until needed.

Geni Woody

EGG-SAUSAGE CASSEROLE

6 eggs
2 c. milk
7 slices bread, cubed, trim off
crusts

1 tsp. salt
1 tsp. dry mustard
1 lb. sausage
1 c. grated sharp cheese

Brown sausage; drain. Beat eggs, milk, salt, and mustard; add bread cubes, cooled sausage and cheese. Pour into greased 9x9 inch pan or casserole. Refrigerate for 8 hours or overnight.

Bake at 350° for about 45 minutes. Allow to stand 10 minutes before serving. (Cubed ham may be substituted for sausage.)

Geni Woody

CHEDDAR, BACON AND TOMATO MELT

2 slices bacon
2 oz. Cheddar cheese
1 large tomato

2 slices whole wheat bread
1 tsp. butter

Halve bacon crosswise and put between 2 folded paper towels in a microwave-safe dish. Microwave, uncovered, on HIGH until cooked through and crisp, 2 or 3 minutes. Grate cheese; cut tomato into thin slices. Toast bread and butter it. Put on top of 2 folded paper towels on microwave-safe plate; sprinkle cheese on toast. Top with bacon and tomato slices. Microwave, uncovered, on HIGH, until cheese melts, 45 to 90 seconds. Serve sandwich hot.

Pam Heimerman

SKILLET ENCHILADAS

1 lb. ground beef
½ c. chopped onion
1 (10½ oz.) can cream of
mushroom soup
⅓ c. milk
1 can chopped canned green
chilies

1 pkg. flour tortillas
2½ c. shredded Cheddar cheese
1 (10 oz.) can enchilada sauce
(Old El Paso is best)

In a skillet, brown the ground beef and onion; drain off excess fat. Stir in soup, enchilada sauce, milk, and green chilies. Reduce heat; cover and cook 20 minutes, stirring occasionally.

In dry skillet, heat tortillas, 1 at a time, just until limp and pliable. Reserve ½ cup of shredded cheese for topping. Place ¼ cup cheese in center of tortilla and roll up. Place in sauce, seam side down. Repeat until all tortillas are used. Sprinkle with remaining cheese and cover. Heat until cheese is melted in enchiladas.

After I prepare the sauce I usually put it in a Pyrex (oblong) dish and then place the enchiladas in it, then just heat in the microwave.

ENCHILADAS

4 lb. hamburger
1 bunch green onions, cut up
Cheese, grated

Shells (flour)
1 can chili (no beans)
2 cans enchilada sauce

Brown hamburger, 3 or 4 long shakes of Worcestershire sauce and pepper to taste. Put meat in shells; top with a few green onions, some cheese and roll up. Warm enchilada sauce and chili; pour over top. Put rest of grated cheese and bake at 425° for 20 to 30 minutes until cheese bubbles.

Charles Branson

ENCHILADAS

2 lb. hamburger
Onion
1 (18 oz.) can tomato sauce
1 can diced chilies

8 flour tortillas
12 oz. enchilada sauce
1 pkg. Colby cheese

Brown hamburger and onion; drain. Add tomato sauce and diced chilies. Dip tortillas in enchilada sauce. Spoon meat in the tortillas and roll. Place in baking dish; add remaining enchilada sauce over rolled tortillas. Add grated cheese. Bake at 350° for 25 minutes. Serves 4.

Sheri Kienzle

ENCHILADAS

1 lb. ground beef	1 chili can water
½ tsp. minced garlic	3 Tbsp. hot taco sauce
⅛ tsp. garlic salt	1 doz. tortillas
½ tsp. salt	2 c. grated Cheddar cheese
Dash of pepper	1 large onion, finely diced
1 can chili (without beans)	

Cook ground beef, garlic, garlic salt, salt, and pepper in skillet until meat turns gray. Place meat in bowl; set aside. Heat chili, water and taco sauce in same skillet until almost boiling. Dip a tortilla at a time for 5 seconds into hot sauce. Place in 9x14 inch baking dish. Place 2 rounded tablespoonfuls of meat mixture on each tortilla; top with 2 tablespoons grated cheese and 1 teaspoon diced onion. Roll as jelly roll; tuck outside edge under. Arrange in rows in baking pan. Spoon remaining meat and sauce over rolls; sprinkle cheese on top, and cover with foil. Bake at 350° for 30 minutes. Garnish with shredded lettuce, chopped tomato, diced onion, and shredded cheese. Serves 8 to 12.

Lois Veatch

ENCHILADAS ACAPULCO

1 lb. ground beef	1 (8 oz.) can tomato sauce
¾ c. chopped green pepper	½ c. chopped onion
1 can kidney beans, drained	½ lb. Mexican Velveeta, cubed
8 to 6 inch tortillas	½ c. chopped tomato

In large skillet, brown meat; drain. Add sauce, onion and ½ cup green peppers; cook over medium heat 5 minutes, stirring occasionally. Add beans and ¼ pound Velveeta; continue cooking until cheese is melted. Warm tortillas to soften. Fill each tortilla with ¼ cup meat mixture; roll up. Place, seam side down, in 9x13 inch baking dish. Top with remaining meat mixture; cover. Bake at 350° for 20 minutes. Top with remaining cheese; continue baking, uncovered, 5 to 8 minutes or until cheese is melted. Top with tomatoes and remaining peppers.

Stephanie Conkright

MONTEREY JACK CHEESE ENCHILADAS

1 lb. ground beef	1 c. sour cream
1 large onion, chopped	1 doz. tortillas
1 large green pepper, chopped	1 lb. Monterey Jack cheese, cut in
1 pkg. enchilada sauce mix	12 inch thick strips

Brown meat, onion and green pepper; drain. Season to taste with salt and pepper. In small kettle, prepare enchilada sauce mix according to directions on package. Blend sauce with sour cream; heat until simmering. Spoon sauce to cover on tortillas to soften. Place part of meat mixture and a strip of Monterey Jack cheese on each tortilla; roll to enclose filling.

Place tortillas, seam side down, in an ungreased 9x13 inch pan. Pour remaining enchilada sauce mixture over all and sprinkle with shredded Cheddar cheese. Bake, uncovered, at 375° for 20 to 25 minutes till heated through.

Stephanie Conkright

CHICKEN ENCHILADAS

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|---|---|
| 1 c. onion, chopped | ½ lb. Cheddar cheese, shredded |
| 1 Tbsp. oil | ½ lb. Monterey Jack cheese,
shredded |
| 3 c. diced, cooked chicken | 12 corn or flour tortillas |
| 1 (4 oz.) can green chilies,
chopped | Oil |
| 1 Tbsp. chili powder | 1 can cream of chicken soup |
| 1 tsp. cumin, ground | 2 (8 oz.) ctn. sour cream |
| 1 tsp. garlic salt | |

Saute onion in oil; add chicken, chilies, spices, and ⅔ of each cheese. Fry tortillas in hot oil to soften. Divide chicken mixture evenly to fill tortillas. Roll up and place in greased 9x13 inch baking dish. Combine soup and sour cream; pour over enchiladas and top with remaining cheese. Bake at 350° for 20 to 30 minutes.

Debbie Cowl

CHICKEN ENCHILADA

- | | |
|-----------------------------|------------------------------|
| ½ c. chopped onion | 4 oz. chopped green chiles |
| 1 garlic clove, minced | 1½ c. cubed, cooked chicken |
| 2 Tbsp. butter | 1 c. shredded Cheddar cheese |
| ½ c. sliced black olives | ¼ c. oil |
| ½ c. sour cream | 8 (6 inch) tortillas |
| 1 can cream of chicken soup | ¼ c. milk |

Heat oven to 350°. In medium saucepan over medium heat, saute onion and garlic in butter until tender. Stir in ¼ cup of olives, sour cream, soup, and green chilies; mix well. Reserve ¾ cup sauce; set aside. Stir chicken and ½ cup cheese into remaining sauce.

In skillet, heat oil; fry tortillas a few seconds or just until limp. Drain on paper towels. Fill tortillas with chicken mixture; roll up. Place, seam side down, in ungreased 12x8 inch (2 quart) baking dish.

In small bowl, combine reserved ¾ cup of sauce and milk; spoon over tortillas. Bake at 350° for 30 to 35 minutes or until bubbly. To serve, sprinkle with cheese and black olives.

Betty Schaffter

CHICKEN ENCHILADAS

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|---|-----------------------------|
| 1 c. boned chicken | 1/4 tsp. pepper |
| 1 small (4 oz.) can diced green chilies | 1/2 c. chicken broth |
| 1/2 c. chopped onion | 1 can cream of chicken soup |
| 1 c. grated Longhorn Cheddar cheese | 6 corn tortillas |

Mix together soup, broth, chilies, and pepper; set aside. Soften tortillas by dipping, 1 at a time, into hot oil. Drain tortillas on paper towel and stack. Mix chicken and onion together. Put approximately 2 tablespoons chicken mixture on center of tortillas. Sprinkle with grated cheese and roll up. Place in shallow baking dish. Continue until all tortillas are rolled. Pour soup mixture over top and sprinkle with remaining grated cheese. Bake 10 to 15 minutes in 375° oven.

Sharon DeShazer

SOUR CREAM CHICKEN ENCHILADAS

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|---------------------------------------|-------------------------------|
| 2 whole chickens, cooked and shredded | 1 bunch green onions, chopped |
| 1 can cream of chicken soup | 1 can chopped green chilies |
| 1 (8 oz.) ctn. sour cream | 12 flour tortillas, warmed |
| | Grated cheese |

Mix first 5 ingredients in saucepan and heat until warm. Warm tortillas until soft, then put 2 heaping tablespoonfuls of soup mixture in each and roll, putting seam side down, toward pan. Bake at 350° for 15 to 20 minutes. Cover with cheese and bake until cheese is melted.

Debra Snyder

SOUR CREAM CHICKEN ENCHILADAS

- | | |
|---|----------------------------|
| 2 cans cream of chicken soup | 1/2 tsp. salt |
| 1 chicken, cooked, deboned and shredded | 2 c. grated Cheddar cheese |
| 1 pt. sour cream | 1/2 c. chopped green onion |
| 1 small can diced green chilies | 1 1/2 doz. corn tortillas |

Mix chicken soup, chicken, 3/4 pint sour cream, green chilies, salt, onion, and cheese. Soften tortillas in hot cooking oil for just a few seconds; drain on paper towel. Grease baking dish. Place small portion of chicken filling on bottom of pan. Place a portion of chicken filling in each tortilla and roll; place in baking dish. Spread any remaining chicken filling on top of assembled enchiladas. Also spread remaining sour cream on top and sprinkle a little cheese on top. Bake at 350° for 20 to 30 minutes.

Ann Gee

MOCK ENCHILADA CASSEROLE

1 lb. hamburger
1/3 c. chopped onions
1 tsp. salt
1/4 tsp. pepper

1 can chili con carne with beans
1/2 lb. grated cheese (or more)
1 pkg. corn chips

Brown hamburger and onions and drain; add chili. Simmer a few minutes. Place in casserole dish, a layer of chili mixture, a layer of cheese and a layer of chips. Repeat, ending with chips on top. Bake 10 minutes in a 350° oven.

Donna Shafer

SOUR CREAM CHILI BAKE

1 lb. ground beef
1 (15 oz.) can pinto beans, drained
1 (10 oz.) can hot enchilada sauce
1 (8 oz.) can tomato sauce
1 c. shredded sharp American
cheese (4 oz.)

1 Tbsp. instant minced onion
16 oz. corn chips
1 c. sour cream
1/2 c. shredded sharp American
cheese

Brown hamburger and drain; stir in beans, enchilada sauce, tomato sauce, 1 cup shredded cheese, and onion. Set aside 1 cup of corn chips; coarsely crush remaining chips. Stir crushed chips into meat mixture. Turn into a 1 1/2 quart casserole. Bake, covered, at 375° for 30 minutes. Spoon sour cream atop casserole, and sprinkle with the 1/2 cup cheese. Sprinkle reserved chips around the edge of casserole. Bake, uncovered, 2 to 3 minutes. Makes 6 servings.

Pam Heimerman

CHILI BURRITOS

1 can refried beans
3/4 c. grated cheese
1 lb. hamburger
1/2 c. chopped onion
1/4 c. chopped green pepper
1 can stewed tomatoes (don't
drain)

1 can chili beans
Dash of garlic powder
1/2 pkg. Williams chili seasoning
Salt and pepper to taste
6 flour tortillas

Bring refried beans to a simmer and add the cheese. Keep on low burner. Make a chili mixture with the remaining ingredients (except for the tortillas). Lay flour tortillas out flat on plate. Fill with 4 tablespoons of bean mixture. Roll the tortilla burrito-style and top with chili mixture and additional cheese if desired. Makes approximately 6 burritos.

Donna Shafer

BURRITO BAKE

1 c. Bisquick
1/4 c. water
1 (16 oz.) can refried beans
1 lb. ground beef, browned

1 avocado, sliced
1 c. thick salsa
1 1/2 c. shredded Cheddar cheese
Sour cream*

Grease pie plate 10 x 1½ inches. Mix Bisquick, water and beans; spread in pie plate. Layer remaining ingredients on bean mixture. Bake 30 minutes at 350°.

* Serve with sour cream.

Amy Babb

TOSTADA CASSEROLE

1 lb. ground beef	1 env. taco seasoning mix
1 (8 oz.) can tomato sauce	2½ c. corn chips
1 (15 oz.) can refried beans	½ c. grated cheese

Brown beef; drain. Add taco seasoning and ½ of tomato sauce; add remaining sauce to refried beans and heat slightly. In a 2 quart casserole, place a layer of ½ cup corn chips. Crush remaining chips and set aside. Place beef mixture and beans in casserole. Bake, uncovered, at 350° for 25 minutes. Remove from oven; top with crushed chips and cheese. Bake until cheese is melted. Garnish with 1 cup mild salsa.

Lori Cox

TOSTADA CASSEROLE

1 lb. ground beef	1 (15½ oz.) can refried beans
1 (15 oz.) tomato sauce	12 oz. shredded cheese (or more if desired)
1 env. taco seasoning mix	
2½ c. corn chips	

Brown meat and add 1½ cups tomato sauce; add seasoning. Mix and stir. Line bottom of 11x7 inch baking dish with 2 cups whole corn chips. Crush ½ cup chips. Spoon meat mixture over chips. Combine remaining tomato sauce with beans and put over the meat. Bake at 375° for 25 minutes, then sprinkle cheese and crushed chips over the top and bake for 5 minutes or until cheese is melted.

Donna Shafer

TACO CASSEROLE

1 onion, chopped	1 jar taco sauce (mild)
1 green pepper, chopped	1 pkg. taco chips
1 can cream of mushroom soup	1 pkg. Mozzarella cheese
1 can cream of chicken soup	1 lb. hamburger

Brown onion, green pepper and hamburger together; drain. Mix together hamburger mixture, both soups, taco sauce, and simmer. Crumble chips and line greased 11 ½ x 8 inch dish. Place thin layer of hamburger mixture, then top with ½ cheese. Repeat layers, ending with cheese on top. Bake 30 minutes at 350°. Let stand 15 minutes, then cut and serve.

TACO CASSEROLE

10 soft corn tortillas (5 oz.)
1 (10¾ oz.) can condensed
chicken broth
6 bite-size pieces chicken
1 c. chopped onion
1 tsp. garlic salt or to taste
1 can cream of mushroom soup
8 oz. Cheddar cheese, shredded

1 (10 oz.) can enchilada sauce
¾ c. taco chips, broken into pieces
1 large green pepper
Chili powder to taste
1 can cream of chicken soup
1 (2¼ oz.) can black olives (slice
crosswise, ½ c.)

Heat oven to 350°. Butter a 2 quart casserole dish. Reserve ½ cup chicken broth. Cut tortillas into 1 inch strips; dip into remaining broth to moisten. Layer in prepared casserole dish, half each of tortillas, chicken pieces, onion, and green pepper. Repeat layers. Sprinkle with garlic salt and chili powder.

In small bowl, stir mushroom soup and chicken soup until blended; spoon over contents of casserole. Sprinkle with cheese; spoon on enchilada sauce. Pour over reserved ½ cup chicken broth. Top with black olives, then taco chips. Bake, uncovered, 30 to 40 minutes until bubbly. Makes 6 main dish servings.

Diane Farney

SOFT TACOS

2 lb. ground beef
2 pkg. Old El Paso taco seasoning
mix
1 c. water
1 (10 oz.) can Old El Paso
enchilada sauce

1 (10¾ oz.) can condensed cream
of mushroom soup
1 (10¾ oz.) can condensed tomato
soup
10 super taco shells
1 c. shredded Cheddar cheese

Brown ground beef in skillet; drain fat. Add taco seasoning mix and water; stir. Bring to boil; reduce heat and simmer, uncovered, 15 to 20 minutes, stirring occasionally, until liquid is reduced. Preheat oven to 350°F.

Combine enchilada sauce and soups; set aside. Spoon meat mixture into taco shells. Place the shells in a 9x13 inch pan, in upright position, by leaning them against each other. Pour combined sauces over the shells evenly; sprinkle with cheese. Bake for 15 minutes.

Debra Snyder

TACO SALAD (A meal in itself)

1½ lb. ground beef
1 lb. Velveeta cheese
1 medium onion, chopped
1 medium pepper, chopped
1 clove garlic

1 (No. 303) can tomatoes, drained
1 (1½ oz.) can chilies
Lettuce
Doritos

Brown ground beef and add onion and green pepper; add garlic. Turn on low heat and cover. Melt cheese and add tomatoes and chilies. In individual bowls, shred lettuce. Crumble taco chips on top of lettuce and layer beef mixture on top of chips. Top with hot cheese mixture.

Menu suggestion: This salad with corn meal muffins and a tangy dessert (cherry cheese cake is my family's favorite) makes a great evening meal!

Karen Jacobs

MEXICAN GROUND-BEEF SALAD

Oil (for shallow frying)	1/2 jalapeno pepper
4 corn tortillas	2 oz. Cheddar cheese
1/2 lb. ground beef	1/3 head lettuce
1 1/2 tsp. ground cumin	1 lemon
1/2 tsp. cayenne	1/3 c. oil
Salt and pepper	1 avocado
1 red bell pepper	

Heat about 2 inches oil in a large deep frying pan over medium high heat or heat oil in deep fat fryer to 375°. Slip tortilla into oil and cook until brown and crisp, 2 to 3 minutes. Pierce it with a fork and hold it down so it fries flat; drain on paper towels. Repeat with remaining tortillas.

Crumble meat into a frying pan and sprinkle with cumin, cayenne and 1 teaspoon salt. Cook until brown, about 10 minutes. Slice red pepper and jalapeno pepper; grate cheese. Shred lettuce. Squeeze juice from the lemon. In a jar, shake juice together with 1/2 teaspoon salt and 1/4 teaspoon pepper until the salt dissolves. Add 1/3 cup oil and shake until combined. Slice avocado. Put each tortilla on a plate and top with lettuce, meat, red pepper, avocado, jalapeno pepper, and cheese. Drizzle dressing over top.

Pam Heimerman

FRITO CASSEROLE

1 lb. ground beef	1 pkg. American cheese slices
1 can chili beef soup	Salt
1 can tomato soup	Pepper
1 bag Fritos chips (or any bag of chips)	Chopped minced onion

Brown ground beef and drain; season with salt, pepper and chopped minced onion. Add soups to ground beef; let simmer. In casserole dish, line the bottom with crushed Fritos (or any brand) chips; add beef mixture on top, then sprinkle over top with more crushed chips. Cover top of casserole with layer of cheese. Put in oven for 20 minutes at 350° (time and temperature may vary). Makes 4 to 6 servings.

Karen Williams

MEXICAN FIESTA PIE

3 c. corn or tortilla chips
1 (15 oz.) can chili with beans
½ c. chopped onion
2 c. (8 oz.) shredded Cheddar
cheese

Shredded or chopped lettuce
Tomatoes and olives

Heat oven to 400°F. Lightly grease a 9 inch square pan or 1½ quart shallow casserole. Layer half the corn chips, chili, onion, and cheese in pan; repeat. Bake, uncovered, at 400°F. for 15 minutes or until hot. Garnish with lettuce, tomatoes and olives. Servings: 4.

Lisa Willis

MEXICAN SKILLET SUPPER

1 lb. sausage
½ c. chopped onion
1 c. chopped green pepper
1 c. uncooked elbow macaroni
2 Tbsp. sugar

1 tsp. salt
1 tsp. chili powder
1 large can tomatoes
½ pt. sour cream

Brown sausage, onion and green pepper. Cook until tender and drain off grease. Add uncooked macaroni, sugar, salt, chili powder, tomatoes, and sour cream; stir until well blended. Bring to a boil, then lower heat and simmer 30 minutes.

Lori Cox

MEXICAN CASSEROLE

18 corn tortillas, canned or frozen
6 chicken breasts, cooked and
shredded
2 cans green chilies, chopped,
remove seeds (optional)
24 oz. sharp Cheddar cheese,
coarsely grated

1 lb. fresh mushrooms, sauteed, or
3 (6 oz.) cans
1 c. sherry wine
1 can mushroom soup
1 can cream of chicken soup
½ tsp. dry mustard

Heat oven to 350°. Tear tortillas into fourths. Layer tortillas, chicken (shredded in good size chunks), green chilies, cheese, and mushrooms in large casserole. Mix soups, wine and mustard; pour over casserole ingredients. Bake for 1 hour.

If desired, butter additional tortillas and stack in a baking dish. Cover and steam in oven until heated and use as bread. Serve with tossed green salad. *Men love it!*

Woody Tucker

MEXICAN CASSEROLE

2 lb. ground beef
1 large onion
1 small can evaporated milk
1 lb. cubed process cheese
1 can cream of chicken soup

1 can cream of mushroom soup
1 can mild enchilada sauce
1 small can chopped green chilies
Flour tortillas (about 15)

Brown the ground beef with onion; drain off fat. Combine ground beef with the rest of the ingredients, except the tortillas. In a large greased casserole, put a layer of flour tortillas, broken in pieces, then a layer of mixture. Repeat, using all the meat mixture and ending with flour tortillas on top. Bake 30 to 40 minutes at 350°. Do not use any salt for seasoning.

Optional: Sprinkle shredded Cheddar cheese on top before serving.

Donna Callahan

CAVATINI

1½ lb. hamburger
1 lb. hot sausage
1 (32 oz.) large Hunt's extra thick
and zesty spaghetti sauce
1 pkg. pepperoni, chopped
1 jar mushrooms, chopped

1 green pepper, chopped
1 medium onion, chopped
1 large pkg. "fancy" macaroni,
cooked
1 lb. grated Mozzarella cheese

Brown hamburger, sausage, onion, green pepper, and mushrooms; drain. Mix with all other ingredients, except Mozzarella cheese and macaroni. Place cooked macaroni in greased 9x13 inch pan, then top with meat mixture. Sprinkle with cheese. Bake at 350° until cheese melts and it is hot thoroughly (approximately 30 minutes). Serves 10 to 12.

Cindy Jones

CAVATINI

1 (32 oz.) jar spaghetti sauce
1 (8 oz.) jar taco sauce
1 (12 oz.) bag tri-mixed pasta
1 small jar mushrooms

1 lb. ground beef
1 lb. sausage
2 c. shredded Mozzarella cheese
Pepperoni slices

Boil pasta as directed on package; drain and cool. Mix in with spaghetti and taco sauce. Add drained mushrooms; mix in browned beef and sausage. Spread into greased 9x13 inch pan; top with Mozzarella cheese. Arrange pepperoni slices. Bake in 350° oven for 45 minutes.

Lynne Miller

RIGATONI

1 pkg. rigatoni noodles
1 lg. ground beef
1 large can tomato sauce
1 can tomato paste
1 can Ro-Tel tomatoes

1 Tbsp. Worcestershire sauce
Dash of garlic salt
1 large onion
Velveeta cheese

Boil noodles with large onion. Brown ground beef. Mix all tomato ingredients together with Worcestershire sauce and garlic salt. Put noodles in bottom of casserole dish; top with beef first, then sauce. Put Velveeta cheese over all of the top. Bake at 350° until bubbly.

Dee Kness

MOZETTI

1 1/4 lb. ground beef
1/2 lb. sausage
1 onion, chopped
1/2 green pepper, diced
1 stalk celery, diced
Salt and pepper
1 (15 oz.) can tomatoes (with liquid)

1 can tomato sauce
1/2 soup can water
1/2 tsp. oregano
1 tsp. sugar
1 can chopped ripe olives
1 can mushrooms with liquid
6 oz. wide egg noodles
1 can tomato soup

Brown ground beef and sausage and drain; add and brown onion, green pepper and celery. Add salt, pepper, tomatoes, tomato sauce, tomato soup, water, oregano, and sugar; simmer for 1/2 hour. Add ripe olives and mushrooms. Combine with cooked noodles and mix. Heat in oven at 325° until warm.

Don Adams

STROMBOLI

1 loaf frozen bread dough
Olive oil
Garlic powder
1 pkg. pepperoni slices
1 pkg. salami slices

1/2 lb. shredded ham
Chopped onion
Chopped mushrooms
1 small pkg. Mozzarella

Thaw and rise dough per directions. Roll out to rectangle shape 9x13 inches; paint with olive oil. Sprinkle with garlic powder. Add pepperoni, salami, ham, onion, mushroom, and Mozzarella. Roll up, jelly roll style; tuck ends under. Bake at 350° for 25 to 30 minutes. Slice and serve hot.

Julie Smith

MANICOTTI

7 to 8 manicotti macaroni
1 egg
2 c. dry cottage cheese
1/3 c. grated Parmesan cheese
2 Tbsp. chopped parsley
1/2 lb. ground beef
2 tsp. basil leaves and oregano

1 small onion, chopped
2 medium garlic cloves, minced
1/2 c. water
2 cans (10 oz.) condensed tomato paste
3 to 4 oz. Mozzarella cheese, shredded or sliced

Lightly grease 12x8 inch baking dish. In large saucepan, cook manicotti as directed on package; drain. In medium bowl, beat egg slightly; add cottage cheese, Parmesan cheese and parsley. Mix well. Fill each manicotti with cottage cheese mixture. Arrange manicotti in prepared dish.

Heat oven to 350°F. In medium skillet, brown ground beef, onion and garlic. Stir in water and soup; pour over manicotti. Bake, covered, at 350°F. for 40 to 50 minutes. Uncover, the last 15 minutes. Top with Mozzarella cheese; return to oven to melt cheese for about 4 minutes. Serves 4 to 5 people.

Lisa Willis

MICROWAVE LASAGNE

2 lb. ground beef
1 small onion
1 (32 oz.) jar spaghetti sauce
1 (8 oz.) can tomato sauce
1 (16 oz.) ctn. cottage cheese

1/4 c. grated Parmesan cheese
1 egg
8 uncooked lasagne noodles
2 c. shredded Mozzarella cheese

Brown beef and onion; stir in tomato sauce and spaghetti sauce and simmer. In bowl, mix cottage cheese, Parmesan cheese and egg. Spread meat sauce in baking dish, noodles (uncooked), cheese filling, Mozzarella cheese. Repeat layers, ending with meat sauce. Cover tightly and microwave on HIGH 10 minutes, then microwave on MEDIUM (50%) until noodles are tender, approximately 25 minutes. Sprinkle with Mozzarella cheese and Parmesan cheese. Cover and let stand 10 minutes.

This recipe can be used in a conventional oven also.

Kim Schrag

QUICK LASAGNE

1 box Martha Gooch lasagne noodles
1 (32 oz.) jar spaghetti sauce
15 oz. Ricotta cheese or dry curd cottage cheese

12 oz. grated Mozzarella
1/4 c. Parmesan cheese

In greased 9x13 inch baking dish, place small amount of spaghetti sauce and spread around. Place 3 strips of uncooked lasagne, lengthwise; spread with 1/4 of Ricotta, 1/4 of Mozzarella and 1/4 of spaghetti sauce. Repeat this process until you run

out of noodles. Be sure to end with sauce. Sprinkle with Parmesan cheese. Cover with foil and bake 30 minutes at 375°. Uncover, and bake 30 minutes more. You can make this up ahead and refrigerate, then pop into oven when ready.

Lori Cox

LASAGNE

1½ lb. ground beef	½ c. water
½ c. chopped onion	12 lasagne noodles, cooked and drained
2 large cloves garlic, minced	1 pt. cottage cheese
2 tsp. vinegar	2 c. Mozzarella cheese
2 tsp. oregano	Parmesan cheese
1 can tomato soup	
1 can tomato sauce	

In saucepan, brown beef, onion, garlic, and oregano until onion is tender. Add soup, tomato sauce, water, and vinegar. Cook over low heat for 30 minutes, stirring now and then. In baking dish (12x8x2 inch), arrange alternate layers of noodles, meat sauce, cottage cheese, and Mozzarella cheese; sprinkle with Parmesan cheese. Bake at 350° for 30 minutes. Let stand 10 minutes before serving.

Tonya Hardesty

OVERNIGHT LASAGNE

1¼ lb. ground beef	¾ c. chopped onion
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Brown in heavy pan and then add:

1 (No. 303) can tomatoes	2 tsp. salt
2 (6 oz.) cans tomato paste	1 tsp. garlic powder
2 (6 oz.) cans water	½ tsp. pepper
1 Tbsp. chopped parsley	1½ tsp. oregano

Simmer for 30 minutes. In a 9x13 inch baking dish, add 1 cup sauce mixture in bottom of dish. Alternate uncooked lasagne noodles, cottage cheese, meat sauce, and Mozzarella cheese. Do this at least twice, ending with the layer of sliced Mozzarella cheese. Sprinkle with Parmesan cheese and cover with waxed paper and foil. Refrigerate overnight. Remove the waxed paper. Bake with the foil covering at 350° for 1½ hours. Let stand 15 minutes before serving.

Note: This recipe takes 1 large carton cottage cheese. I have also used shredded Mozzarella cheese in place of sliced, but lots of it!

Karen Jacobs

TOUFILLIES

Meat Filling:

1½ lb. hamburger	Sliced mushrooms (as desired)
1 small onion, chopped	1 clove garlic (or garlic powder)
½ c. green pepper	1½ c. Mozzarella cheese

Sauce:

1 (8 oz.) can tomato sauce
1/2 tsp. thyme or to taste
1/2 tsp. basil or to taste
1/2 tsp. oregano or to taste

1 tsp. Worcestershire sauce
1 can Cheddar cheese soup
1 pkg. manicotti noodles

Cook noodles as directed, then set in cold water until ready to fill. Mix sauce ingredients together and simmer while making meat filling. Brown hamburger, onion and green pepper; add garlic and salt and pepper to taste. Stir in mushrooms and cheese. Stuff noodles with meat mixture and put in baking dish; pour sauce over all. Bake until hot at 350°.

SPEEDY ITALIAN DINNER

Brown 1 pound hamburger; add 1 large jar of Prego sauce. Cook one 8 ounce bag rotini. Mix all ingredients. Place in casserole and top with Mozzarella cheese. Bake at 350° for 20 minutes - or microwave until cheese melts.

Anita Graber

PIZZERIA MACARONI

1 (7 oz.) pkg. or 2 c. uncooked
Creamettes, elbow macaroni,
cooked as pkg. directs
1 lb. lean ground beef
3/4 c. chopped onion
15 oz. tomato sauce
1/2 tsp. oregano leaves

1/2 tsp. Italian seasoning
1/4 tsp. pepper
1/8 tsp. garlic powder
1 egg, beaten
1/2 c. milk
1/2 tsp. salt
1/2 c. Mozzarella cheese, shredded

Preheat oven to 350°. In large skillet, brown meat; pour off grease. Add onion; cook and stir together. Stir in sauce, Italian seasoning, oregano, pepper, and garlic powder; simmer, uncovered, for 10 minutes.

Meanwhile, stir together cooked macaroni, egg, milk, and salt. Spread evenly in greased 14 inch pizza pan. Spoon meat mixture over macaroni; top with shredded cheese. Bake 20 minutes. Let set for 10 minutes before serving. Refrigerate leftovers.

Lisa Willis

FILLED JUMBO MACARONI SHELLS

1/2 box jumbo macaroni shells,
cooked and drained
1 container Ricotta cheese
Chopped onion
1 Tbsp. parsley

1 tsp. garlic
Salt and pepper
1 jar spaghetti sauce
Grated Mozzarella and Parmesan
1 lb. sausage, cooked and drained

Heat oven to 350°. Combine sausage, Ricotta, onion, parsley, garlic, salt, and pepper in bowl. When shells are cool enough to handle, fill shells full with filling mixture. Pour some spaghetti sauce in bottom of 9x9 inch pan (enough to cover

bottom). Arrange filled shells in pan and pour remaining sauce over shells; sprinkle grated Mozzarella and Parmesan over sauce. Bake, covered, with foil 30 minutes till bubbly.

Lori Cox

PEPPERONI CHEESE PIE

1 small onion, chopped	1½ c. milk
Green pepper, chopped	4 eggs, beaten
1 Tbsp. butter	¼ tsp. salt
2 pkg. sliced pepperoni	Dash of pepper
2 c. Cheddar cheese, grated	1 (9 inch) unbaked pastry shell
3 Tbsp. flour	

Cook onion and green pepper in butter till tender. Cut ½ of the pepperoni slices into fourths. Toss onion, green pepper, pepperoni, and cheese with flour. Add milk, eggs and seasonings. Pour into prepared pastry shell. Gently place remaining pepperoni slices around pie. Bake for 40 to 45 minutes in a 350° oven or until set. Let stand 10 minutes before serving. Makes 6 servings.

Lori Cox

PIZZA

Dough:

1 pkg. dry yeast	4 c. flour
1¼ c. lukewarm water	

Mix together dry yeast and ¼ cup lukewarm water; add 1 cup lukewarm water to yeast mixture. Add flour, 1 cup at a time, and knead. Let rise in warm place 45 to 60 minutes. Prepare pizza sauce. Spread dough on 2 pizza pans; add your favorite toppings along with the sauce. Bake 20 minutes at 425°.

Pizza Sauce:

1 (8 oz.) can tomato sauce	1 tsp. oregano
1 can tomato paste	¾ tsp. basil
1 large clove garlic, crushed	½ tsp. cayenne (red pepper)
1 tsp. sugar	

Mix all ingredients in small saucepan; bring to a boil. Reduce heat and simmer 15 minutes.

Stephanie Conkright

UPSIDE-DOWN PIZZA

1 (8 oz.) pkg. pepperoni	1 (15 oz.) jar spaghetti (or pizza) sauce
½ c. chopped onion	
1 Tbsp. butter	1 (6 oz.) pkg. Mozzarella cheese

In skillet, cook pepperoni and onion until onion is tender; drain. Stir in spaghetti sauce. Pour into ungreased 13x9x2 inch baking pan (spray with Pam for easy clean up). Arrange cheese on top of sauce.

Crust:

2 eggs
1 c. milk
1 Tbsp. oil

1 c. flour
½ tsp. salt
Parmesan cheese

In bowl, beat eggs, milk, oil, flour, and salt till smooth. Pour batter over cheese; sprinkle with Parmesan cheese. Bake at 400° for 30 minutes.

Stacey Hobbs

GRILLED HALIBUT

2 cloves garlic
¼ tsp. white pepper
2 tsp. sugar
⅓ c. soy sauce

6 Tbsp. oil
3 green onions, chopped
1 Tbsp. sesame seeds
6 halibut steaks (1 inch thick)

Marinate overnight. Grill 7 minutes on each side.

Doris Kimmel

MOZZARELLA FISH FILLETS

2 lb. orange roughy fish (or any
filets of white fish)
2 c. shredded Mozzarella cheese
(skim milk variety)

½ c. shaved almonds
Garlic powder (enough to sprinkle
each filet)

Put fish filets under broiler approximately 4 to 6 inches from heat. Broil fish 5 minutes on one side; turn and broil 3 to 4 minutes on the other side (or until done - if fish flakes too easily, it's done), being careful not to overcook fish. Sprinkle each filet with Mozzarella cheese; melt under broiler, then sprinkle with almond shavings, with each piece of fish having approximately 5 to 10 pieces according to size of filet. Place under broiler for 1 minute. Remove fish from broiler. Serve with rice or potatoes.

Cindy Jones

SCAMPI STYLE SHRIMP

1 lb. in the shell shrimp or 12 oz.
uncooked jumbo shrimp,
peeled, cleaned and deveined
6 Tbsp. butter or margarine
1 Tbsp. chopped green onions
1 Tbsp. olive or salad oil

4 cloves garlic, minced or pressed
1 Tbsp. lemon juice
¼ tsp. salt
2 Tbsp. minced parsley
¼ tsp. grated lemon peel
Tabasco red pepper sauce to taste

In a wide frying pan, melt butter over medium heat. Stir in onion, oil, garlic, lemon juice, and salt. Cook until boiling. Pat shrimp dry with a paper towel and add to mixture in frying pan. Cook, stirring occasionally, until shrimp turns pink (about 5 minutes). Blend in parsley, lemon peel and Tabasco; turn into serving dish. Serves 4 to 6.

Shirley Fiffe

TUNA-OLIVE TETRAZZINI

3 c. cooked spaghetti
1/4 c. butter
1/4 c. chopped onion
1/4 c. chopped green pepper
3/4 c. chopped celery
1 c. cream

1 1/2 c. grated Cheddar cheese
1/4 c. chopped pimento
1 c. chopped ripe olives
1 (7 oz.) can tuna
Salt and pepper

Melt butter; add onion, green pepper and celery. Cook until tender; add cream, 1 cup cheese, pimento, and olives. Heat slowly until cheese melts; add tuna. Pour mixture over spaghetti and mix slightly; season to taste. Pour mixture into buttered 1 1/2 quart casserole; top with remaining cheese. Bake at 350° for 20 to 25 minutes. Serves 6.

Stephanie Conkright

TUNA-MAC CASSEROLE

1 box macaroni and cheese mix
1 can cream of mushroom soup

1 can tuna, drained
10 crackers, crumbled

Cook macaroni and cheese as directed on box. Add mushroom soup, tuna and crackers; top with cheese or crushed chips if desired. Baking time: 10 to 15 minutes at 350°.

OPEN-FACED TUNA MELTS

1 (6 1/2 oz.) can tuna, drained and flaked
Miracle Whip salad dressing
2 Tbsp. finely chopped celery
2 Tbsp. finely chopped carrot
2 Tbsp. finely chopped onion

Dash of pepper
2 English muffins, split and toasted
4 slices cheese, cut in halves diagonally

Combine tuna, 1/4 cup salad dressing, vegetables, and pepper; mix lightly. Spread muffin halves with additional salad dressing. Cover with tuna mixture; top with 1/2 cheese slice. Broil until cheese begins to melt. Makes 4 sandwiches.

Stephanie Conkright

INSTANT REUBEN CASSEROLE

4 slices rye bread
1 Tbsp. prepared mustard
1 (12 oz.) can corned beef
1 (16 oz.) can sauerkraut, rinsed, drained and snipped

1 can condensed tomato soup
3 Tbsp. sweet pickle relish
5 slices Swiss cheese, halved

Spread rye bread with mustard. Cut into cubes; place in bottom of a buttered 9x9x2 inch baking pan or glass dish. Crumble corned beef evenly over bread. Stir together sauerkraut, tomato soup, relish, and $\frac{1}{4}$ cup water; spoon atop corned beef. Bake, uncovered, in a 375° oven about 25 minutes. Arrange cheese atop; bake 5 minutes more. Serves 5.

Donna Callahan

POTTED MEAT SPREAD

1 or 2 cans potted meat
Mayonnaise

1 or 2 chopped, boiled eggs
Chopped onion

Mix all ingredients together and spread on bread. *Good and quick!*

Lori Cox

SPICY SANDWICH LOAF

1 Tbsp. butter
 $\frac{1}{2}$ c. chopped green pepper
 $\frac{1}{4}$ lb. thinly sliced ham
 $\frac{1}{4}$ lb. thinly sliced Provolone

1 c. sliced mushrooms
1 lb. frozen bread dough, thawed
 $\frac{1}{4}$ lb. thinly sliced salami
1 $\frac{1}{2}$ oz. thinly sliced pepperoni

Melt butter in a large skillet; add mushrooms and green pepper. Cook, stirring often, until tender. Set aside. On a large baking sheet lined with aluminum foil, press dough into a 10x13 inch rectangle. Layer ham, salami, cheese, and pepperoni down center of dough; top with mushrooms and pepper. Fold sides of dough over filling, lapping together and tuck under to seal. Cover and let rise in warm place for 1 to 1 $\frac{1}{2}$ hours, until doubled in bulk. Brush with egg glaze if desired. Bake at 350° for 45 minutes until golden brown. Let stand for 10 minutes before slicing.

Stephanie Conkright

Notes



Breads, Rolls,
Pastries



EQUIVALENT CHART

3 tsp.	1 tbsp.	¼ lb. crumbled Bleu cheese	1 c.
2 tbsp.	¼ c.	1 lemon	3 tbsp. juice
4 tbsp.	½ c.	1 orange	¼ c. juice
8 tbsp.	1 c.	1 lb. unshelled walnuts	1½ to 1¾ c. shelled
16 tbsp.	1 c.	2 c. fat	1 lb.
5 tbsp. + 1 tsp.	½ c.	1 lb. butter	2 c. or 4 sticks
12 tbsp.	¾ c.	2 c. granulated sugar	1 lb.
4 oz.	½ c.	3½ - 4 c. unsifted powdered sugar	1 lb.
8 oz.	1 c.	2¼ c. packed brown sugar	1 lb.
16 oz.	1 lb.	4 c. sifted flour	1 lb.
1 oz.	2 tbsp. fat or liquid	4½ c. cake flour	1 lb.
2 c.	1 pt.	3½ c. unsifted whole wheat flour	1 lb.
2 pt.	1 qt.	4 oz. (1 to 1¼ c.) uncooked	
1 qt.	4 c.	macaroni	2¼ c. cooked
¾ c.	½ c. + 2 tbsp.	7 oz. spaghetti	4 c. cooked
⅔ c.	¾ c. + 2 tbsp.	4 oz. (1½ to 2 c.) uncooked	
1 jigger.	1½ fl. oz. (3 tbsp.)	noodles	2 c. cooked
8 to 10 egg whites.	1 c.	28 saltine crackers	1 c. crumbs
12 to 14 egg yolks.	1 c.	4 slices bread	1 c. crumbs
1 c. unwhipped cream	2 c. whipped	14 square graham crackers	1 c. crumbs
1 lb. shredded American cheese	4 c.	22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat.
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour.
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour.
- 1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar.
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.
- ¾ cup **cracker crumbs** = 1 cup bread crumbs.
- 1 cup **cream, sour, heavy** = ½ cup butter and ¾ cup milk in any sour milk recipe.
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
- 1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
- 1 package **active dry yeast** = 1 cake compressed yeast.
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
- ¼ teaspoon **garlic powder** = 1 small pressed clove of garlic.
- 1 lb. **whole dates** = 1½ c. pitted and cut.
- 3 medium **bananas** = 1 c. mashed.
- 3 c. **dry corn flakes** = 1 c. crushed.
- 10 miniature **marshmallows** = 1 large marshmallow.

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8-oz.	1 cup
picnic.	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

BREADS, ROLLS, PASTRIES

MOIST BANANA NUT BREAD

1 c. sugar	1 tsp. soda
½ c. shortening	⅛ tsp. salt
3 ripe bananas, mashed	1 c. chopped nuts
2 c. flour	

Preheat oven to 350°. Combine all ingredients in a large bowl; mix until well blended. Spoon into well greased and floured 9x5x3 inch loaf pan. Bake 1 hour.

Denise Ertl

BANANA NUT BREAD

⅓ c. shortening	1½ c. flour
½ c. sugar	1 tsp. baking powder
2 eggs	½ tsp. soda
½ c. pecans	½ tsp. salt
1 c. ripe, mashed bananas	

Cream together shortening, sugar and eggs. Sift together dry ingredients; add to creamed mixture, bananas and nuts. Pour into greased loaf pan. Bake at 350° for 45 to 50 minutes or until done; cool.

Pam Heimerman

BANANA NUT BREAD

1 c. sugar	2 c. flour
½ c. butter	1 tsp. soda
1 c. (2 to 3) bananas, mashed	½ tsp. salt
2 eggs	¾ c. chopped nuts

Cream butter and sugar together; add eggs and mashed bananas. Sift dry ingredients and add to creamed mixture; add nuts. Bake in a loaf pan for 1 hour at 350°.

Jo Horn

PUMPKIN BREAD

1 can pumpkin	4 eggs
2¾ c. sugar	1 tsp. nutmeg
1 tsp. cloves	2 tsp. soda
1 tsp. cinnamon	1 c. water
3⅓ c. flour	1 c. salad oil
1½ tsp. salt	

Use 3 loaf pans. Bake at 350° for about 50 to 60 minutes or 1 loaf pan and 1 Bundt cake pan. Glaze

Carol Berger

PUMPKIN BREAD

3½ c. flour
2 tsp. soda
1½ Tbsp. salt
1 c. Wesson oil
1 Tbsp. cinnamon

4 eggs
½ c. water
2 c. pumpkin
3 c. sugar
Nuts, raisins, dates as desired

Beat eggs and sugar till light; add oil and pumpkin, then dry ingredients, water and nuts, etc. Bake 1 hour at 350° in four 1 pound coffee cans, filling to second ring.

Doris Kimmel

PUMPKIN BREAD

Cream together:

2½ c. sugar

¾ c. shortening

Add:

3 well beaten eggs
2 c. pumpkin
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cloves

½ tsp. salt
1 tsp. soda
½ tsp. baking powder
3½ c. flour

Bake at 325° for 1 hour or until done, in 2 greased and floured pans. Makes 2 loaves.

Dee Kness

NUT BREAD

2 eggs
1 c. sugar
2 c. sweet milk
2 c. white flour

2 c. graham flour (unsifted)
1 tsp. salt
4 tsp. baking powder
1 c. nutmeats

Beat eggs thoroughly; add other ingredients. Pour into 2 bread pans and let stand 20 or 30 minutes before baking. Half the recipe makes a loaf or 12 or more slices. Bake at 350°.

STRAWBERRY BREAD

3 eggs, well beaten
2 c. sugar
1½ c. cooking oil
2 (10 oz.) boxes frozen
strawberries and juice,
thawed

3 c. flour
1 tsp. soda
1 tsp. salt
3 tsp. cinnamon (or more to taste)

In large mixing bowl, combine eggs, sugar, oil, and strawberries; beat thoroughly. Add flour, soda, salt, and cinnamon, and mix thoroughly. Grease three 1 pound coffee cans or 2 or 3 loaf pans. Divide batter into pans. Bake in 350° oven approximately 1 hour, or until bread tests done. Cool slightly in pans; remove from pans and completely cool on racks before slicing.

Cindy Jones

CHOCOLATE NUT ZUCCHINI BREAD

3 sq. unsweetened chocolate	4 eggs
3 c. flour	3 c. sugar
1½ tsp. baking powder	1½ c. salad oil
1 tsp. soda	3 c. grated zucchini
1 tsp. salt	1 c. nuts, chopped fine

Melt chocolate over hot water; let cool. Preheat oven to 350°. Grease and flour loaf pans. Sift flour with baking powder, soda and salt. Beat eggs until light; gradually add sugar, ¼ cup at a time. Add salad oil and cooled chocolate; beat until blended at low speed. Add dry ingredients; add zucchini and nuts. Stir until well combined; put into prepared pans. Bake 1 hour and 15 minutes or until toothpick comes out clean. Cool in pan 15 minutes and remove. (Will make 3 small or 2 large loaves.)

Leah Currie

ZUCCHINI BREAD

3 eggs, beaten well	1 tsp. baking soda
2 c. sugar	1 tsp. salt
1 c. salad oil	¼ tsp. baking powder
2 c. grated zucchini	3 tsp. cinnamon
2 tsp. vanilla	½ c. nuts (optional)
3 c. flour	

Beat eggs; add remaining ingredients and mix well. Pour into 2 greased and floured loaf pans. Bake at 350° for 50 minutes or until done. Makes 2 loaves.

Cindy Jones

ZUCCHINI BREAD

3½ c. unsifted flour	3 tsp. cinnamon
2½ c. sugar	2 c. zucchini
2 tsp. baking soda	1 c. oil
1½ tsp. salt	4 eggs

Grease and flour 2 (9x5x3 inch) loaf pans. In a large bowl, mix together first 5 ingredients. Stir together zucchini and oil. Add eggs, 1 at a time, beating well after each addition. Make well in center of flour and add zucchini mixture; stir just until flour is moist. Pour into pans. Bake at 325° for 1 hour. Cool 10 minutes in pans and remove; cool on racks. Makes 2 loaves.

Joy Ankerholz

GINGER BREAD

½ c. shortening
½ c. sugar
3 c. flour
1 tsp. cinnamon
1 tsp. ginger
1 c. molasses

2 eggs
¾ c. hot water
1 tsp. cloves
1 tsp. soda
1 tsp. salt

Cream shortening and sugar; add eggs, and mix well. Sift flour, cinnamon, ginger, cloves, soda, and salt together. Add flour mixture and hot water; stir until well blended. Bake in 9x13 inch pan, greased and floured, at 350°. Bake 30 to 45 minutes until it begins to pull away from edge of pan.

Leah Currie

BISCUIT BREAKFAST RING

⅓ c. brown sugar
3 Tbsp. margarine

1 Tbsp. water
10 refrigerator biscuits

Combine brown sugar, margarine and water in glass measurer. Heat in microwave on FULL power 1 minute; stir until margarine is melted. Invert custard cup in center of 9x2 inch round dish to form ring mold.

Cut each biscuit into halves or quarters. Coat each piece with sugar mixture and arrange around custard cup. Bake on MEDIUM cooking level in microwave for 4 to 5 minutes, turning halfway through. Rolls are done when top springs back when touched. Let stand 2 minutes; invert onto plate.

Alyssa Koinzan

BUBBLE BREAD

1 (24 oz.) pkg. frozen dinner rolls
1 (3 oz.) pkg. butterscotch pudding
(not instant)

½ c. brown sugar
½ stick oleo
½ c. chopped nuts

Butter Bundt pan. Place a layer of frozen rolls in pan. Melt oleo. Melt remaining ingredients with oleo; pour over rolls. Add more rolls and sauce. Leave out overnight to rise. Bake at 350° for 25 minutes. Turn upside down and remove from pan.

Jo Horn

MONKEY BREAD

3 cans biscuits, cut in fourths
1½ c. sugar
1 tsp. cinnamon
1½ sticks oleo

1 c. brown sugar
1 tsp. cinnamon
Nuts (optional)

In plastic bag, shake pieces of biscuits in sugar and 1 teaspoon of cinnamon. Put pieces in well greased tube pan. Nuts can be sprinkled throughout. Simmer for 2 minutes, oleo, brown sugar and cinnamon. Pour this mixture over top. Bake 50 minutes at 350°.

Lori Cox

MARSHMALLOW PUFFS

2 Tbsp. sugar	8 marshmallows
½ tsp. cinnamon	2 Tbsp. butter
1 can crescent rolls	

Melt butter. Combine sugar and cinnamon. Dip marshmallows in melted butter, then sugar and cinnamon. Wrap crescent dough around marshmallows and seal all holes. Place in a muffin tin. Bake at 375° as directed on roll package. Glaze immediately upon removal from oven.

Glaze:

4 Tbsp. powdered sugar	2 to 3 tsp. milk
¼ tsp. vanilla	

Jo Horn

AMISH HAMBURGER BUNS

1 c. water	1 c. milk, scalded
2 pkg. dry yeast	½ c. lard or shortening
¾ c. sugar	1 tsp. salt
2 eggs, beaten	7 c. flour

Dissolve yeast in warm water. Cream sugar and lard; add eggs, salt, cooled milk, and a little flour. Add yeast; stir well. Add remaining flour and work lightly. Let rise about 2 hours. Roll out dough to ¾ inch thick and cut in circles with a large cookie cutter. Bake 15 to 20 minutes at 350°.

Marilyn Hevener

BREAD KNOTS

1 (11 oz.) pkg. (8) refrigerated bread sticks	2 tsp. dried parsley flakes, crushed
3 Tbsp. grated Parmesan cheese	2 Tbsp. milk

Separate bread sticks into individual ropes. On a lightly floured piece of waxed paper, roll each bread stick into a 12 inch long rope. Tie each rope in a loose knot and tuck the ends into the center of the knot. Brush with milk and dip each "knot" into the cheese/parsley mixture. Place on greased baking sheet, 2 to 3 inches apart, and bake at 350° about 15 minutes or till golden.

For a breakfast treat - brush with butter and dip in a mixture of cinnamon and sugar.

Anita Graber

QUICK BREAD STICKS

1 pkg. refrigerator biscuits
¼ c. butter, melted

Sesame seeds

Shape biscuits into 6 to 8 inch long sticks. Twist sticks if desired. Pour half the butter into 9x12 inch pan; place sticks in butter. Pour remaining butter over sticks; sprinkle with sesame seeds. Bake in 400° oven for 10 minutes or until done.

Lisa Willis

QUICK BREAD

3 c. self-rising flour
1 can beer (room temperature, do
not open until ready to use)

⅓ c. sugar

Mix all ingredients and put in greased loaf pan. Bake 45 minutes at 350°. Remove from oven; pour 1 stick of melted butter over top and put back in oven for 15 minutes.

Sharon DeShazer

NIGHT BEFORE FRENCH BREAD

1 loaf French bread
8 eggs
3 c. milk
2 Tbsp. butter, cut in pieces

4 tsp. sugar
¾ tsp. salt
1 Tbsp. vanilla

Butter baking pan. Cut bread in 1 inch pieces and layer in pan. Mix ingredients and pour over bread. Cover with foil and place in refrigerator for 4 to 36 hours. Remove in morning and dot butter over bread. Recover with foil and bake 45 to 50 minutes at 350°. Let stand 5 minutes before serving with syrup.

Carrie Walker

POPPY SEED BREAD

3 c. flour
½ tsp. salt
1½ tsp. baking powder
3 tsp. poppy seed
2 c. sugar
3 eggs

1½ c. cooking oil
1½ tsp. almond flavoring
1½ tsp. vanilla
1 tsp. butter flavoring
1½ c. milk

Combine the first 4 dry ingredients (flour, salt, baking powder, poppy seed). Beat together the sugar, eggs, cooking oil, and flavorings. Add the milk and dry ingredients alternately to the sugar, egg, oil, and flavorings mixture. Bake 1 hour at 350°. Makes 2 loaves.

Jeanette A. Parker

GRANDMA HEDERSTEDT'S SWEDISH RYE BREAD

(With minor modifications by her grandson)

12 oz. gin	2 tsp. salt
1 oz. dry vermouth	2 pkg. dry yeast + ½ c. water
Several olives	3 c. water
½ c. brown sugar	3 c. rye flour
½ c. molasses	6 to 7 c. white flour
¼ c. bacon grease	

1. Combine gin and vermouth in pitcher; refrigerate briefly. Pour over cracked ice; add olive and sip while completing recipe.
2. Combine brown sugar, molasses, bacon grease, and salt in large mixing bowl.
3. Add 3 cups of near boiling water; stir till sugar is dissolved.
4. Stir in rye flour.
5. Stir in yeast mixture and allow to rest. (Good time sip Step 1.)
6. Stir in white flour.
7. Remove to bread board and knead till elastic, about 10 minutes.
8. Place dough in greased bowl. Allow to rise in warm place for about 2 hours. (Remember Step 1.)
9. Form into 6 medium size loaves; place in pans and allow to rise for 1½ hours. (Repeat Step 1 if necessary.)
10. Preheat oven to 375° and bake for 30 minutes.
11. Allow to cool briefly; slice and spread with butter and eat with remainder of Step 1.

Dave Hederstedt

MEXICAN CORN BREAD

Mix:

1 box Jiffy corn bread mix	⅓ c. milk
1 egg	

Add 2 cans cream style corn to mixture. Fry 1 pound hamburger and 1 onion; drain off grease. Add 2 cans green chillies. Pour ½ corn bread mixture into 9x13 inch baking dish, then hamburger mixture, then a layer of cheese, then other half of corn bread mixture. Bake at 350° until almost done, then add cheese on top - melt cheese.

Diane Farney

HAM-AND-CHEESE-STUFFED RYE BREAD

1 (10 inch) round loaf rye bread (3½ lb.)	2 large eggs, lightly beaten
2 pkg. (10 inch) frozen mixed vegetables, thawed	1 c. sour cream
½ lb. turkey ham, cubed	1 c. mayonnaise
2 c. shredded Swiss or Cheddar cheese	1 pkg. Hidden Valley party dip
	½ c. Parmesan cheese

1. Preheat oven to 350°F. Cut off and discard 1 inch thick slice from top of bread. With fork, carefully scoop out and coarsely chop soft inside, leaving a ½ inch shell. Lightly toast 2 cups crumbs; reserve remainder for another use.

2. In large bowl, mix bread crumbs, vegetables, ham, cheeses, eggs, sour cream, mayonnaise, and dip mix until well combined. Spoon into bread shell; cover top with aluminum foil. Place stuffed bread on baking sheet. Bake 1 hour or until cheeses melt and mixture is hot. Let stand 20 minutes before slicing. Makes 6 to 8 servings.

Karen Williams

CRUSTY SAUSAGE-PEPPER BREAD

Makes 2 loaves.

1 lb. hot Italian sausage, casings removed

2½ c. grated Cheddar cheese

½ c. finely chopped onions

¼ c. seeded and finely chopped green bell peppers

¼ c. finely chopped celery

2 jalapeno chilies, finely chopped

2 (16 oz.) loaves frozen bread dough, thawed

2 Tbsp. (¼ stick) butter, melted

Cook sausage in heavy medium skillet over medium high heat until browned, about 5 minutes. Remove sausage with slotted spoon; drain on paper towels.

Preheat oven to 350°F. Grease 2 baking sheets. Combine sausage, cheese, onions, bell peppers, celery, and chilies in medium bowl. Roll each dough piece out on lightly floured surface to 9x16 inch rectangle. Transfer to prepared sheets. Spread half of sausage mixture evenly over each piece of dough, leaving ½ inch border. Roll up as for jelly roll, starting at 1 long side. Brush each with butter. Bake until golden brown, about 40 minutes. Serve warm.

Val Hederstedt

CREAM CHEESE MUFFINS

2 (8 oz.) pkg. cream cheese

¾ c. sugar

1 tsp. vanilla

2 Tbsp. lemon juice

2 eggs

12 to 24 vanilla wafers

1 can cherry pie filling

Combine preceding ingredients, except vanilla wafers and cherry pie filling, blending until smooth. Place 1 vanilla wafer, flat side up, in each muffin cup and fill ¾ full with cream cheese mixture. Bake in 350° oven for about 15 minutes (they will look dry, but not brown).

Remove from oven. Top with about 1 tablespoon cherry pie filling and chill. Leave in muffin pan until chilled and firm to prevent them from spreading and running over.

Denise Ertl

BRAN-ANA MUFFINS

2 ripe, medium bananas	1 egg
2 c. wheat bran cereal (not flakes)	1 c. flour
1/2 c. milk	2 tsp. baking powder
1/3 c. margarine	1/2 tsp. baking soda
1/2 c. sugar	1/2 tsp. salt
1 tsp. vanilla	1/2 c. raisins

Mash bananas (1 cup). Combine cereal, milk and bananas; set aside. Cream together butter, sugar and vanilla; beat in egg. Beat in banana-bran mixture. Combine dry ingredients; add to mixture and stir just to blend; stir in raisins. Spoon into 12 greased muffin cups. Bake 18 to 20 minutes in 400° oven.

Joyce Luginsland

PUMPKIN MUFFINS

2/3 c. dry milk	1 c. pumpkin
2 tsp. allspice	1/2 c. grated carrot (optional)
1 tsp. cinnamon	1 tsp. vanilla
8 pkg. sweetener	2 eggs, beaten
6 Tbsp. flour	4 Tbsp. raisins (optional)
1 tsp. baking soda	

Combine dry ingredients. Combine eggs, vanilla and pumpkin. Mix, then add to dry ingredients. Mix; add carrots and raisins. Spray muffin tins with Pam, and fill 12. Bake 15 to 20 minutes at 350°.

Lori Cox

SUGAR CINNAMON MUFFINS

5 Tbsp. shortening	1/4 tsp. salt
1 c. sugar	1/4 tsp. nutmeg
1 egg	1/2 c. milk
1 1/2 c. flour	1/2 c. butter
1 1/2 tsp. baking powder	1 tsp. cinnamon

Heat oven to 350°. Cream shortening and 1/2 cup of sugar; add egg until well blended. Sift dry ingredients and add alternately with milk; beat until well blended. Grease muffin pans; fill 2/3 full. Bake 15 to 20 minutes, or until lightly browned.

Remove muffins from pan while warm. Melt butter; blend cinnamon and 1/2 cup sugar in separate bowl. Dip warm muffins in melted butter and roll in cinnamon sugar mixture. Makes 1 dozen muffins.

Julie Kimmel (Mrs. Tedd)

SIX WEEK MUFFIN

1 (15 oz.) box raisin bran	5 c. flour
1 c. melted shortening	5 tsp. soda
3 c. sugar	1 qt. buttermilk
4 eggs	2 tsp. salt

Add sugar to warm melted shortening; beat in eggs. Mix cereal, flour and salt together and add to first mixture. Measure soda into buttermilk and add to mixture; mix well. Bake in muffin tins at 375° 18 to 20 minutes. Mixture will keep in refrigerator for 6 weeks.

KANSAS CITY'S APPLE FRITTERS

1 beaten egg	1/2 tsp. vanilla
1 c. milk	1 tsp. grated orange peel
1 c. finely chopped unpeeled apple	2 c. sifted flour
1/4 c. sugar	3 tsp. baking powder
1/4 tsp. salt	Sifted confectioners sugar
3 Tbsp. orange juice	

Combine first 8 ingredients. Sift flour and baking powder; fold in egg mixture, stirring just till flour is moistened. Drop by rounded teaspoonfuls into deep, hot fat (350°). When fritters rise to surface, turn and fry till deep golden brown, about 3 minutes. Drain thoroughly on paper towels; roll in sifted confectioners sugar. Serve hot. (Makes 3 1/2 dozen fritters.) *Eat and enjoy!*

Connie K. Oglesby

QUICK AND EASY CINNAMON ROLLS

1 pkg. yellow or white cake mix	2 1/2 c. hot water (130°)
2 pkg. yeast	5 1/2 c. flour
1/2 tsp. salt	

Mix cake mix, yeast and salt in large bowl; add water and flour. Mix until smooth; let rise 15 minutes. Divide in half. Roll into 2 rectangles. Spread with filling (see following). Roll up and cut each rectangle into 12 slices. Place into 2 greased 9x13 inch pan. Let rise 30 minutes. Bake at 375° 15 to 20 minutes. Glaze rolls.

Filling:

2 c. brown sugar	1 1/2 sticks margarine, melted
4 tsp. cinnamon	(approx.)

Mix sugar and cinnamon together and add enough melted margarine to make spreadable.

Cindy Jones

EASY CINNAMON ROLLS

¼ c. butter
½ c. brown sugar
Chopped nuts
½ c. butter

1 c. sugar
2 Tbsp. cinnamon
1 pkg. frozen dinner rolls

Melt ¼ cup butter with brown sugar; pour into Bundt pan. Sprinkle with chopped nuts. Melt ½ cup butter. Combine cinnamon and sugar. Take frozen dinner rolls and coat each roll with melted butter, then roll in cinnamon-sugar mixture. Place in bottom of Bundt pan. Let rise (about 8 hours in unheated oven). Bake at 350° for 30 minutes.

This is a good recipe for quick easy breakfast. Make them the night before, let rise overnight and bake first thing in the morning.

Lynne Miller

EASY CINNAMON ROLLS

1 c. milk
3 Tbsp. margarine
¼ c. sugar
1 tsp. salt
1 pkg. dry yeast

1 egg
2¾ c. to 3¼ c. flour
¼ c. margarine, melted
½ c. brown sugar
2 tsp. cinnamon

In a saucepan, heat milk and butter till very warm, 120° to 130°. In a large bowl, blend warm liquid with 1 cup flour, sugar, salt, yeast, and egg at low speed until moistened. Beat 2 more minutes on medium. By hand, stir in remaining flour.

On a floured surface, knead until smooth. Place dough in a greased bowl; let rise until light. Punch down on a floured surface; toss until no longer sticky. Roll out into an 18x15 inch rectangle. Brush with melted butter, leaving 2 inches on 18 inch side.

Combine sugar and cinnamon and sprinkle on dough. Roll up the dough with the 18 inch side, rolling towards the unbuttered edge; pinch shut. Cut in 15 slices. Place in a *greased* (not oil), 9x13 inch pan. Let rise until light. Bake for 20 to 25 minutes at 375°.

Alisa Muir

YELLOW CINNAMON ROLLS

3 c. warm water
1 pkg. yellow cake mix (generic -
no pudding)

4 c. flour
2 pkg. yeast
2 Tbsp. sugar

Mix, knead, let rise till double. Make into cinnamon rolls. From start to finish it takes 2½ hours.

With 3 cups water you have two 9x13 inch pans of cinnamon rolls.

Karen Williams

SOFT CINNAMON ROLLS

1 box regular pudding (vanilla)	6½ c. flour
1 stick margarine	1 tsp. salt
2 beaten eggs	Soft margarine
2 pkg. dry yeast	Brown sugar
½ c. lukewarm water	Cinnamon
2 tsp. sugar	

Cook pudding according to directions; add margarine to hot pudding. Dissolve yeast in water and sugar; cool to lukewarm. Add yeast mixture and eggs when the pudding is lukewarm; stir in the flour. This makes a soft sticky dough. Cover and let rise 45 minutes. Pour dough onto floured board and work another ½ cup flour into dough. Cut dough in half; roll out, spread with margarine, brown sugar and cinnamon. Roll up as any cinnamon rolls, slice in ½ inch pieces. Let rise. I usually drizzle a glaze over the top when finished. Baking time: 15 minutes. Temperature: 425°.

BUTTERMILK BISCUITS

4 c. flour	½ tsp. soda
⅔ c. shortening	¼ c. brown sugar
1 Tbsp. baking powder	1½ c. buttermilk

Mix all ingredients, except buttermilk, with pastry blender; stir in buttermilk. Knead a few times on floured waxed paper. Roll to ½ inch thick. Cut with biscuit cutter and place on ungreased baking sheet. Bake at 425° until bottoms are light brown.

Karen Williams

CLOUD BISCUITS

2½ c. self-rising flour	1 egg, beaten
1 Tbsp. sugar	⅔ c. milk
½ c. butter flavor Crisco	

Combine flour and sugar; mix well. Cut in shortening until mixture resembles coarse meal. Combine egg and milk; add to flour mixture, stirring just until dry ingredients are moistened. Turn dough onto a floured surface and knead 3 to 4 times. Roll dough to ½ inch thickness. Cut with biscuit cutter. Place on ungreased baking sheet. Bake at 450° for 10 to 12 minutes - remove - brush tops with melted butter (1 tablespoon, optional).

Lois Veatch

BREAD ROLLS

1 loaf sandwich bread	2 sticks butter or oleo
2 (8 oz.) pkg. cream cheese	½ c. sugar
⅓ c. sugar	Cinnamon to taste (approx. 4 to 6 Tbsp.)
2 egg yolks	
2 drops of vanilla	

Preheat oven to 400°. Flatten each piece of bread with a rolling pin. Mix cream cheese, sugar, egg yolks, and vanilla together; beat until smooth. Spread mixture over each piece of bread. Roll each piece of bread up like a jelly roll. Melt the butter. Dip the bread sticks into the butter, then roll in the cinnamon and sugar mixture. Put on a cookie sheet and bake at 400° for 10 minutes.

Marilyn Hevener

BEST-EVER ROLLS

$\frac{1}{3}$ c. sugar	2 pkg. yeast
$\frac{1}{2}$ c. butter or margarine	4 $\frac{1}{2}$ c. flour
2 eggs	

In $\frac{1}{4}$ cup warm water dissolve yeast and 1 teaspoon sugar. In large bowl, cream the sugar and butter; add well beaten eggs. Add yeast mixture with 1 cup warm water, 1 teaspoon salt and 4 $\frac{1}{2}$ cups flour; knead well. Let rise. Punch down and let rise again. Shape and let rise. Shape for cinnamon rolls or dinner rolls; bake.

Rose Hughes

EASY DINNER ROLLS

1 pkg. dry yeast	$\frac{1}{4}$ c. warm water
1 c. milk	$\frac{1}{4}$ c. sugar
$\frac{1}{4}$ c. shortening	1 Tbsp. salt
3 $\frac{1}{2}$ c. flour	1 egg

Soften yeast with warm water; set aside. In saucepan, combine milk, sugar, shortening, and salt. Heat until just boiling, then cool to lukewarm. Combine with flour, eggs, and yeast; beat well. Place in a greased bowl, covered tightly with plastic wrap and place in refrigerator at least 2 hours or up to 5 days. Shape into roll, place on greased baking sheet; cover and let rise about 1 $\frac{1}{2}$ hours, and then bake at 350° for 10 to 12 minutes.

Parker House Rolls: Roll dough $\frac{3}{8}$ inch thick on lightly floured surface, cut with biscuit cutter, and fold in half and place on greased cookie sheet. Makes at least 3 dozen.

Carrie Walker

DATE ROLL

2 c. white sugar	1 tsp. vanilla
1 c. milk (canned preferred)	1 Tbsp. butter
1 c. dates, chopped	1 small pkg. butterscotch chips
1 c. walnut meats, broken	

Boil sugar and milk until it forms a soft ball in water (280°). Add dates and boil 5 minutes longer. Remove from fire; add walnuts, vanilla, butter, butterscotch chips. Beat until stiff. Divide into 2 parts on wax paper and form into long rolls. Place in refrigerator when cold - slice.

Karen Williams

PUMPKIN ROLL

3 eggs
1 c. sugar

1/2 small can pumpkin
1 tsp. lemon juice (ReaLemon)

Beat eggs and sugar till fluffy; add pumpkin and lemon juice.

Add:

3/4 c. flour
1/2 tsp. nutmeg
1 tsp. ginger

2 tsp. cinnamon
1 tsp. baking powder
1/2 tsp. salt

Mix well. Grease a cookie sheet or jelly roll pan well. Spread mixture evenly and sprinkle with 1/2 cup chopped pecans. Bake at 375° for 15 minutes. Sprinkle a thin layer of powdered sugar on towel or cheesecloth. Turn baked roll on towel so nuts are on the bottom. Roll towel and cake together in jelly roll fashion. When completely cool, unroll and spread with frosting.

Frosting:

1 c. powdered sugar
4 Tbsp. butter

4 oz. cream cheese
1/2 tsp. vanilla

Combine and beat till smooth; spread on unrolled cake. Reroll cake and wrap in foil; refrigerate. (Can be frozen.) I double the recipe to make 2 rolls.

Lynne Miller

CRISPY WAFFLES

1 egg
1/2 c. oil

1 1/3 c. club soda
2 c. biscuit mix

Mix well. Pour into waffle iron.

Cindy Jones

BLUEBERRY PANCAKES

1 1/2 c. sifted flour
1 1/2 tsp. baking powder
3 Tbsp. sugar
3/4 tsp. salt
2 eggs, separated

1 c. milk
3 Tbsp. melted butter
1 c. blueberries
Blueberry sauce

Sift dry ingredients. Beat egg yolks; combine with milk and butter. Add to dry ingredients; mix until smooth. Stir in blueberries, then fold in stiffly beaten egg whites. Bake on hot greased griddle. Serve with blueberry sauce. Makes 12 pancakes.

Pam Heimerman

SWEDISH PANCAKES

4 eggs, beaten
1 c. flour
1 c. milk

Pinch of salt
Pinch of sugar

Butter bottom of skillet. Beat eggs in blender, then add the remaining ingredients; mix well in blender. Cover mixture over bottom of skillet. Cook each side, not browned.

To eat, spread butter, syrup on pancake. Add powdered sugar; roll with fork.

Denise Ertl

OVEN-BAKE FRENCH TOAST

1/4 c. butter, melted

2 Tbsp. honey

1/2 tsp. ground cinnamon

3 eggs

1/2 c. orange juice

6 slices whole wheat bread

Combine butter and honey in a 13x9x2 inch pan, spreading to sides of pan; sprinkle with cinnamon. Combine eggs and juice in a shallow bowl; mix well. Dip bread slices, 1 at a time, into egg mixture, coating well; let drain, and arrange on top of honey mixture. Bake at 400° for 20 minutes or till brown. Invert toast to serve. Serve with additional honey or syrup.

POPOVER DONUTS

2 eggs, beaten

1 c. sugar

1 c. milk

1/4 tsp. salt

1 tsp. vanilla

3 c. flour

3 tsp. baking powder

1/4 tsp. nutmeg

1/4 tsp. cinnamon

Combine ingredients in order given. Drop by teaspoonfuls into hot fat (shortening). When golden brown, remove from fat and roll in sugar.

Karen Henson

BASIC DANISH PASTRY

3 pkg. yeast

1/2 c. warm water

1/3 c. sugar

1 tsp. salt

3/4 c. milk

1 egg

4 c. flour

3 sticks cold butter

Roll out on pastry cloth, 18x12 inches. Slice cold butter into thin strips lengthwise; place 2/3 of dough to form a 12 inch square. Fold unbuttered third over middle third, then opposite end over top. Fold into thirds crosswise to make a block 6x4 inches. It will be 9 layers deep. Repeat this, rolling 3 more times. Unless dough gets too soft to handle easily, there is no need to chill it between the 3 rollings. Now dough is ready to shape, fill, and bake, according to your favorite recipe.

Karen Williams

DANISH PUFFS

1 c. butter
2 c. flour
2 Tbsp. cold water
1 tsp. vanilla
1 c. boiling water
1 tsp. almond

3 eggs
 $\frac{1}{8}$ tsp. salt
1 c. flour
2 c. sugar
1 Tbsp. butter
4 Tbsp. cream

Cut $\frac{1}{2}$ cup butter into 1 cup flour; add cold water. Stir until well blended. Divide dough in half. Press each half into 3x12 inch oblong shape on to ungreased baking sheet. Place boiling water and remaining $\frac{1}{2}$ cup butter into a saucepan. Bring to a boil. Add almond and remove from heat. Stir in remaining 1 cup flour. Add eggs, 1 cup at a time, beating well after each addition. Spread this mixture over the dough. Bake in hot oven at 425°F. about 45 minutes.

Meanwhile, combine 2 cups powdered sugar, 1 tablespoon butter, cream, vanilla, and salt; beat until smooth. Frost cakes while hot; cut into slices and serve warm. Serves 16. Good cold.

Karen Williams

COBBLER

Use peach, apricot or cherry. Spread 4 cups sweetened fruit in greased 9x13 inch pan.

Cream together:

$\frac{3}{4}$ c. sugar
1 c. flour

3 Tbsp. butter
1 Tbsp. baking powder

Add $\frac{1}{2}$ cup milk and $\frac{1}{4}$ teaspoon salt. Pour this batter over the fruit. Sift 1 tablespoon cornstarch and 1 cup sugar. Sprinkle evenly over batter and pour 1 cup boiling water over top. Bake 60 minutes at 350°.

Karen Williams

PEACH COBBLER

Cut up 1 stick of oleo in bottom of square pan.

In bowl, mix:

1 c. sugar
1 c. flour

2 tsp. baking powder
1 c. milk

Pour over butter. Add sliced fruit, if canned, drain. If fresh or frozen, add $\frac{1}{4}$ cup sugar. Bake at 350° for 30 to 35 minutes.

Diane Farney

RUBY'S FLAKEY PIE CRUST

Mix well:

$\frac{2}{3}$ c. oil

$\frac{3}{4}$ tsp. salt

$\frac{1}{3}$ c. boiling water

Add 2 cups flour; mix well. Divide and roll between wax paper. (Easy to roll out.) Makes 2 large crusts.

Carol Berger

FOOLPROOF PIE CRUST

4 c. flour, lightly spooned into
cup*

2 tsp. salt

$\frac{1}{2}$ c. water

1 Tbsp. sugar

1 large egg

$\frac{1}{3}$ c. shortening**

1 Tbsp. vinegar

In large bowl, stir together with fork, flour, sugar and salt. Cut in shortening with fork until crumbly. In small bowl, beat together water, vinegar and egg; add to flour mixture and stir until all ingredients are moistened. Divide dough in 5 portions and with hands, shape each in flat round patty, ready for rolling.

Wrap each patty in plastic wrap and chill for at least $\frac{1}{2}$ hour. When you are ready to use pie crust, flour both sides lightly and roll out on pastry board. Roll to $\frac{1}{8}$ inch thickness and 2 inches larger than inverted pie pan. Fold in halves or quarters, transfer to pie pan, unfold and fit loosely. Fill, flute edge and bake. Makes 5 pie crusts.

* Not instant or self-rising flour.

** Do not use oil, lard, margarine or butter.

Cindy Jones

APPLE PIE

$\frac{1}{3}$ c. sugar

1 (9 inch) unbaked pie shell

3 Tbsp. flour

$\frac{1}{3}$ c. packed brown sugar

6 large tart apples, pared,
quartered, cored, and sliced

1 tsp. cinnamon

2 Tbsp. margarine

Combine sugar, brown sugar, flour, and cinnamon in a large mixing bowl, pressing out any lumps. Add sliced apples and toss well to mix. Fill pastry shell with mixture; dot with the 2 tablespoons butter.

Topping:

1 c. sifted flour

$\frac{1}{2}$ c. packed brown sugar

1 tsp. cinnamon

$\frac{1}{2}$ c. margarine

Combine flour, brown sugar and cinnamon in a small bowl; cut in butter until mixture is crumbly. Scatter topping thickly over apple filling. Bake in hot oven, 400°, for 30 minutes or until crust and topping are nicely browned. Cool pie on wire rack before cutting.

Diane Farney

BANANA-BERRY PIE

1 box sugar free strawberry
banana jello
¾ c. boiling water
3 ice cubes
2½ c. Cool Whip
1½ c. sliced strawberries

1 ready-made graham cracker
crust
1 box sugar free instant banana
pudding
¾ c. milk

Dissolve jello in boiling water; stir in ice cubes. Chill until slightly thickened. Mix in 1 cup of Cool Whip; stir in ¾ cup of the strawberries. Pour into pie crust. Chill until firm, about 15 minutes. Whisk pudding into milk; fold in 1½ cups of Cool Whip. Stir in remaining strawberries; spread mixture over jello. Chill about 2 hours.

Lori Cox

PEACH PIE

¼ lb. (½ c.) butter
1 c. sugar
1 heaping Tbsp. flour
2 beaten eggs

1 Tbsp. cornstarch
⅛ tsp. salt
Fresh peach slices
Unbaked pie shell

Place enough peach slices in unbaked pie shell to fill. Blend together butter, sugar, flour, cornstarch, and salt; add beaten eggs. Pour mixture over fresh peaches. Bake 10 minutes at 425°, then 30 minutes at 350°.

Cathy Lilley

DELUXE PUMPKIN PIE

3 c. canned pumpkin
1 c. sugar
1 c. brown sugar
1 tsp. salt
1 tsp. nutmeg
1 tsp. cinnamon

1 tsp. ginger
¼ tsp. crushed cloves
¼ tsp. allspice
4 eggs
¼ c. melted butter
1 (10 inch) unbaked pie shell

Mix together pumpkin through allspice. Add eggs, slightly beaten, with melted butter; mix well. Bake at 450° for 10 minutes and then reduce oven temperature to 350° and bake 40 minutes longer (until center is set). Cool and serve with whipped cream.

Anita's Crust: Use 1 stick butter and one 3 ounce cream cheese, blended at room temperature, and add 1 cup flour. Press into pie plate.

Anita Graber

MOMMA'S RAISIN CREAM PIE

1 c. raisins
3 egg yolks
1 (8 oz.) ctn. sour cream
¼ tsp. salt

⅔ c. sugar
2 Tbsp. cornstarch
2 Tbsp. water
1 tsp. vanilla

Cook raisins for 3 minutes in a saucepan in enough water to cover all raisins. Do not drain; cool. Beat egg yolks; add sour cream, salt, sugar, and vanilla. Dissolve cornstarch in water and add to other ingredients. Place in top pan of double boiler and cook until thick, stirring constantly; stir in raisins. When thickened and cooled, put in 9 inch baked pie shell.

Meringue:

3 egg whites
1/4 tsp. cream of tartar

6 Tbsp. sugar

Beat 3 egg whites until stiff peaks form; add cream of tartar, then gradually add sugar. Mix and put on top of pie. Brown 10 to 15 minutes in 350° oven; cool.

Tonya Hardesty

STRAWBERRY CHIFFON PIE

1-2-3 baked pie shell (9 inch)
2/3 c. sugar
1 env. unflavored gelatin (1 Tbsp.)
1 c. strawberries, thoroughly
crushed

3 egg whites
1/4 tsp. cream of tartar
1/3 c. sugar
1/2 c. whipping cream, whipped

Blend sugar, gelatin and strawberries in saucepan and cook to a full rolling boil, stirring constantly. Place pan in cold water; cool until mixture mounds slightly when dropped from a spoon.

Prepare meringue by beating egg whites with cream of tartar until frothy; gradually add sugar and beat until stiff and glossy. Fold strawberry mixture into meringue. Carefully blend in whipped cream. Pile into cooled baked pie shell. Chill several hours until set. Serve cold, garnished with whole strawberries.

Joyce Fast

STRAWBERRY PIE

Combine and blend:

6 oz. Philadelphia cream cheese
1/2 c. sugar

1/4 tsp. salt

Add 2 eggs, 1 at a time; stir well after each is added. Blend in 1 cup milk and 1/2 teaspoon vanilla. Pour in 9 inch unbaked pastry shell. Bake in hot 400°F. oven for 10 minutes. Reduce heat to 325°F. and bake 50 minutes. When cool, top with cooled strawberry mixture.

1/3 c. sugar
2 Tbsp. cornstarch

2 c. strawberries

Cook until clear.

Joyce Fast

STRAWBERRY PIE

1 can condensed milk
1/4 c. lemon juice
2 egg yolks, beaten

3 oz. cream cheese, softened
1 c. sliced strawberries
1 crust, baked

Blend milk and lemon juice and stir until thick. Add other ingredients and pour into baked shell. Chill several hours or overnight. Makes one 9 inch pie.

Joyce Fast

STRAWBERRY PIE

1 c. sugar
1 c. water

4 Tbsp. corn starch
3 Tbsp. lemon juice

Boil together all ingredients; add 1/2 package (or more) strawberry jello. Cool; add 1 quart strawberries. Pour in baked pie shell.

Denise Ertl

STRAWBERRY YOGURT PIE

2 containers (8 oz.) strawberry
yogurt
1/2 c. crushed strawberries

1 (8 or 9 oz.) container Cool Whip
1 graham cracker crust

Thoroughly combine crushed strawberries and yogurt into bowl; fold in Cool Whip. Blend well. Spoon into crust and freeze about 4 hours. Remove from freezer and place in refrigerator 30 minutes.

Lisa Willis

BUTTERSCOTCH PIE

1/3 c. flour
1 c. brown sugar
1/4 tsp. salt
2 c. milk
3 beaten egg yolks

3 Tbsp. margarine
1/2 tsp. vanilla
1 (8 or 9 inch) baked pie shell
3 egg whites, beaten + 6 Tbsp.
sugar

Put egg yolks and milk on low flame to heat. Mix dry ingredients and add; stir constantly. Cook 2 minutes. Cool; add margarine and vanilla. Pour into pie shell. Top with meringue and brown in hot oven. (I cook this in the microwave and then just stir well.)

Lois Veatch from Helen Eisminger Stapleton

CHOCOLATE CREAM PIE FILLING

3/4 c. sugar
1/3 c. flour
1/4 tsp. salt
2 c. milk
2 eggs

1 Tbsp. butter
1/2 c. semi-sweet chocolate chips
1 tsp. vanilla
1 (9 inch) pie shell

Mix sugar, flour and salt in saucepan; add 1 cup milk. Mix until smooth. Bring to boil over medium heat and boil for 1 minute. Mix the rest of the milk and the eggs together and slowly add to the hot mixture. Bring to a boil, stirring briskly; boil about 1 minute until thick. Remove from heat; stir in butter, vanilla and chocolate chips until melted. Pour into cooled pie shell; spread with Cool Whip and garnish with chopped nuts.

Kim Schrag

CHOCOLATE CHIP-PEANUT BUTTER PIE

Makes 8 servings.

3 eggs, beaten to blend	$\frac{2}{3}$ c. salted peanuts
1 c. dark corn syrup	1 (9 inch) unbaked pie shell,
$\frac{1}{2}$ c. sugar	chilled
$\frac{1}{2}$ c. creamy peanut butter	1 c. semi-sweet chocolate chips
1 tsp. vanilla	

Preheat oven to 400°F. Using electric mixer, beat first 5 ingredients until smooth, 1 to 2 minutes; stir in peanuts. Sprinkle pie shell with chocolate chips; pour filling over. Bake 15 minutes. Reduce oven temperature to 350°F. and continue baking until tester in center of pie comes out clean, 30 to 35 minutes. Cool. Cover with plastic and refrigerate overnight. Serve at room temperature.

Dave Hederstedt

PEANUT BUTTER PIE

1 baked pie shell	1 c. powdered sugar
1 (8 oz.) container Cool Whip	$\frac{1}{3}$ c. peanut butter
1 box vanilla pudding	

Mix powdered sugar and peanut butter until crumbly. Divide into 2 equal parts, put half in baked pie shell. Add milk to pudding and cool until firm. Pour into pie shell over crumbs. Add Cool Whip to top of pie. Sprinkle leftover crumbs on top of Cool Whip. Cut and serve.

Marilyn Hevener

FUDGE SUNDAE PIE

$\frac{1}{4}$ c. corn syrup	$\frac{1}{4}$ c. peanut butter
2 Tbsp. firmly packed brown sugar	$\frac{1}{4}$ c. Smucker's fudge sauce
3 Tbsp. margarine	3 Tbsp. corn syrup
$2\frac{1}{2}$ c. Rice Krispies	1 qt. vanilla ice cream

Combine the $\frac{1}{4}$ cup corn syrup, the brown sugar and margarine in medium size saucepan. Cook over low heat, stirring often, until mixture begins to boil. Remove from heat. Add Rice Krispies, stirring until well coated. Press into 9 inch pie pan to form crust.

Stir together peanut butter, fudge sauce and 3 tablespoons corn syrup. Spread half the peanut butter mixture over crust. Freeze until firm. Allow ice cream to slightly soften. Spoon into pie crust. Freeze until firm. Let pie stand at room temperature for 10 minutes. Drizzle remaining peanut mixture over top.

Karen Jacobs

MAPLE PECAN PIE

1 unbaked pie shell	1/4 c. sugar
1 egg	2 Tbsp. melted oleo
1/2 c. chopped pecans	6 Tbsp. dark corn syrup

Bake at 375° for 30 minutes (350° glass).

Maple Cream:

1 c. brown sugar	1 c. water
1/2 c. flour	1 1/4 tsp. maple flavoring
3 eggs	1 2/3 c. milk
1 tsp. unflavored gelatin	1/3 c. oleo

Cool slightly and pour over pecan crust. Top with Cool Whip and sprinkle with chopped pecans.

Karen Williams

LEMONADE PIE

1 graham cracker crust	1 small can frozen lemonade (pink or regular)
1 can sweetened condensed milk	Food coloring
1 (8 oz.) Cool Whip, thawed	

Stir together milk, Cool Whip and lemonade; add a few drops of yellow or red food coloring. Spread into crust; chill for 2 hours.

Lisa Rexroad

LEMON PIE

1 (9 inch) pie shell	3 egg yolks
1 1/2 c. sugar	1 1/2 c. water
1/3 c. plus 1 Tbsp. cornstarch	3 Tbsp. margarine
2 tsp. grated lemon peel	1/2 c. fresh lemon juice

Stir sugar and cornstarch in medium saucepan. Blend egg yolk and water and then stir into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir for 1 minute. Remove from heat; stir constantly, adding butter or margarine, lemon peel and lemon juice. Pour into baked pie shell.

For top: Beat 3 egg whites and 1/4 teaspoon cream of tartar until foamy. Add one at a time, 6 tablespoons sugar, then 1/2 teaspoon vanilla. Bake 10 minutes at 400°.

Carol Berger

UPSIDE-DOWN LEMON MERINGUE PIE

4 large eggs, separated

¼ tsp. cream of tartar

2 c. sugar

⅓ c. cornstarch

2 Tbsp. grated lemon peel, ¼ c.
lemon juice

1 Tbsp. butter or margarine

1 c. heavy cream

Lemon slices

1. Day before: Preheat oven to 250°F. Line large baking sheet with aluminum foil; trace an 8½ inch circle on foil. Place egg yolks in small bowl; cover with plastic wrap, and refrigerate. In large bowl, with electric mixer at high speed, beat egg whites and cream of tartar until foamy. Gradually beat in ¾ cup sugar, 2 tablespoons at a time, until mixture is very stiff and sugar is dissolved. Spread one-third of meringue evenly over circle. Spoon remaining meringue around top edge of circle, smoothing with spatula and large spoon, until edge is 1½ inches high. Bake 1 hour; turn off oven. Let meringue stand in oven overnight to completely dry out.

2. Next day: In medium saucepan, combine cornstarch and remaining 1¼ cups sugar; mix well. Gradually stir in 1½ cups water until smooth. Over medium high heat, bring to boiling, stirring constantly; remove from heat. Stir some of hot mixture into reserved egg yolks; mix well. Return yolk mixture to saucepan; cook, stirring, 1 minute. Remove from heat; stir in lemon peel, lemon juice and butter. Cool until room temperature; pour into baked meringue shell. Refrigerate 1 hour.

3. Before serving, in small bowl, with electric mixer at high speed, beat cream until stiff peaks form. Place in pastry bag fitted with ½ inch star tip. Decoratively pipe on top of meringue shell. Garnish with lemon slices. Makes 12 servings.

Karen Williams

KEY LIME PIE

1 large prepared graham cracker
crust

1 can Eagle Brand

1 (8 oz.) pkg. cream cheese

1 (12 oz.) ctn. Cool Whip

½ c. lime juice

Mix all ingredients together. Pour into crust and refrigerate.

Lori Cox

Notes



Cakes, Cookies,
Desserts

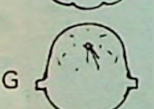
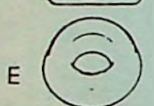
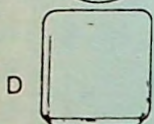
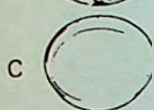
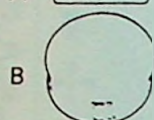


HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.

COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:



4-cup baking dish:

9-inch pie plate

8x1 1/4-inch layer cake pan - C

7 1/2 x 3 1/2 x 2 1/4-inch loaf pan - A

6-cup baking dish:

8 or 9x1 1/2-inch layer cake pan - C

10-inch pie plate

8 1/2 x 3 5/8 x 2 5/8-inch loaf pan - A

8-cup baking dish:

8x8x2-inch square pan - D

11x7x1 1/2-inch baking pan

9x5x3-inch loaf pan - A

10-cup baking dish:

9x9x2-inch square pan - D

11 1/4 x 7 1/2 x 1 3/4-inch baking pan

15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13 1/2 x 8 1/2 x 2-inch glass baking pan 12 cups

13x9x2-inch metal baking pan 15 cups

14x10 1/2 x 2 1/2-inch roasting pan 19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7 1/2 x 3-inch "Bundt" tube pan - K 6 cups

9x3 1/2-inch fancy tube or "Bundt" pan - J or K 9 cups

9x3 1/2-inch angel cake pan - I 12 cups

10x3 3/4-inch "Bundt" or "Crownburst" pan - K 12 cups

9x3 1/2-inch fancy tube mold - J 12 cups

10x4-inch fancy tube mold (Kugelhupf) - J 16 cups

10x4-inch angel cake pan - I 18 cups

Melon Mold:

7x5 1/2 x 4-inch mold - H 6 cups

Spring-Form Pans:

8x3-inch pan - B 12 cups

9x3-inch pan - B 16 cups

Ring Molds:

8 1/2 x 2 1/4-inch mold - E 4 1/2 cups

9 1/4 x 2 3/4-inch mold - E 8 cups

Charlotte Mold:

6x4 1/4-inch mold - G 7 1/2 cups

Brioche Pan:

9 1/2 x 3 1/4-inch pan - F 8 cups

CAKES, COOKIES, DESSERTS

ALMOND JOY CAKE

Part 1:

- | | |
|---|-----------------------|
| 1 (18 oz.) chocolate cake mix,
baked according to directions | 24 large marshmallows |
| 1 c. milk | 8 oz. coconut |

Bake cake in 9x13 inch greased pan. Heat milk; add marshmallows and stir until melted; add coconut. Poke holes in cake; spread coconut mixture on top of cake.

Part 2 - Frosting:

- | | |
|---|-------------------------|
| 1½ c. sugar (original recipe calls
for 2 c. sugar, I cut this down
to make it less sweet) | 6 Tbsp. cocoa |
| ½ c. oleo | ½ c. milk |
| | ½ c. white syrup |
| | ½ c. almonds (optional) |

Mix ingredients. Bring to a boil for 1 minute; beat until slightly thickened. Pour over cake and top with almonds if desired.

TARYN'S SPICE CAKE WITH CARAMEL ICING

- | | |
|--|-------------------------|
| 1 yellow cake mix (without
pudding) | 2 eggs |
| 1 tsp. cinnamon | ¼ tsp. soda |
| 1 tsp. allspice | 1 can apple pie filling |

Mix all of the preceding well and add ½ cup boiling water; beat 2 minutes. Bake at 350° for 30 to 35 minutes in 9x13 inch pan or 25 to 30 minutes in sheet cake pan.

Icing: Use ½ cup melted butter. Add 1 cup brown sugar and ¼ teaspoon salt. Cook 2 minutes. Add ¼ cup milk and bring to boil. Remove from heat; add 2½ cups powdered sugar and ½ teaspoon vanilla.

Anita Graber

SNICKERS CAKE

- | | |
|-----------------------------|----------------------|
| 1 German chocolate cake mix | ⅓ c. milk |
| 1 (14 oz.) pkg. caramels | 1 c. chocolate chips |
| ½ c. oleo | |

Prepare cake mix as directed. Pour ½ of batter into 13x9 inch pan. Bake 20 minutes at 350°. Melt caramels together with milk and oleo over low heat. Pour over cake; sprinkle with chocolate chips. Pour remaining batter over this mixture. Bake for 20 minutes.

Dee Kness

BEST MAYONNAISE CHOCOLATE CAKE

1 pkg. pudding included chocolate cake mix	1/2 c. cocoa
3 eggs	1 c. mayonnaise
	1 1/3 c. water

In large bowl with mixer on low speed, combine cake mix and cocoa; add eggs, mayonnaise and water. Beat on low speed, then medium for 2 minutes. Pour into 9x13 inch pan or two 9 inch round pans. Bake at 350° for 30 to 35 minutes. Cool for 10 minutes. Frost with canned chocolate icing.

Lynne Miller

MAYONNAISE CAKE

1/4 c. cocoa	1 1/2 tsp. soda
1 c. sugar	1 1/2 tsp. baking powder
2 c. flour	1 1/2 tsp. vanilla
1 c. hot water	Pinch of salt
1 c. mayonnaise	

Cream sugar and mayonnaise; add soda and cocoa to hot water and add to creamed mixture alternately with sifted dry ingredients. Add vanilla. Bake in 2 layers at 350° for 30 minutes.

Also makes quick cupcakes.

Diane Farney

JELL-O PUDDING CAKE

1 (2 layer size) pkg. chocolate cake mix	4 eggs
1 (4 serving size) pkg. instant chocolate pudding	1 1/4 c. water
	1/4 c. oil
	1 c. chocolate chips

Combine all ingredients in a 13x9 inch baking pan and stir with a fork until blended, about 2 minutes. Bake at 350° for 40 to 45 minutes or until cake springs back. Cool in pan and cut into squares; sprinkle with powdered sugar.

Lisa Willis

PUDDING CAKE

3 oz. instant pudding (any flavor)	Graham crackers (whole)
1 1/2 c. whole milk, cold	Betty Crocker prepared frosting (chocolate)
2 c. Cool Whip	

Line bottom of rectangular pan with whole graham crackers. Beat pudding and milk until thick; fold in Cool Whip. Pour over crackers. Place more graham crackers over top of pudding mixture; let set. Spread chocolate frosting (Betty Crocker prepared frosting) over crackers. Refrigerate 5 hours. Ready to serve.

LUSCIOUS DEVIL'S FOOD CAKE

1 tsp. salt	2 tsp. vanilla
3 c. flour	$\frac{1}{3}$ c. cocoa
2 c. sugar	$\frac{3}{4}$ c. salad oil
2 c. water	2 Tbsp. vinegar
2 tsp. soda	

Mix dry ingredients and add liquids. Bake in a 9x13 inch pan for 35 minutes at 350°.

Karen Jacobs

CHOCOLATE OATMEAL CAKE

1 c. uncooked oatmeal	1 $\frac{3}{4}$ c. flour
1 $\frac{3}{4}$ c. boiling water	1 tsp. soda
1 c. sugar	1 Tbsp. cocoa
1 c. brown sugar	1 (12 oz.) pkg. chocolate chips
$\frac{1}{2}$ c. butter (1 stick)	$\frac{3}{4}$ c. chopped nuts (optional)
2 eggs	

Pour water over oatmeal and let set for 10 minutes; add sugars and butter. Mix until butter is melted; add eggs. Beat well. Mix in dry ingredients and half of chocolate chips. Pour in greased and floured 9x13 inch pan. Sprinkle remaining chips and nuts on top. Bake at 375° for 25 to 30 minutes or until toothpick comes out clean.

Karen Henson

CHOCOLATE SHEET CAKE

2 c. flour	1 c. water
2 c. sugar	2 eggs
1 tsp. cinnamon	1 tsp. vanilla
Dash of salt	1 tsp. soda
2 sticks margarine	$\frac{1}{2}$ c. sour milk
$\frac{1}{4}$ c. cocoa	

Mix together flour, sugar, cinnamon, and salt. Bring to a boil, the margarine, cocoa and water. Pour over the dry ingredients. Dissolve the soda in the sour milk; add eggs, vanilla and milk to first mixture. Pour into jelly roll pan and bake at 400° for 20 minutes.

Frosting:

1 stick margarine	6 Tbsp. milk
$\frac{1}{4}$ c. cocoa	

In saucepan, mix preceding ingredients together.

Add:

1 lb. powdered sugar
1 c. nuts

1 tsp. vanilla

Spread frosting on cake while cake is still hot.

Kim Schrag

CHOCOLATE SOUR MILK CAKE

½ c. cocoa
½ c. shortening
1 c. boiling water
2 c. sugar
½ tsp. salt

2 c. flour
1½ tsp. soda
½ c. sour milk
2 eggs

Mix in order given at one time; mix until smooth. Bake at 350° for 30 to 35 minutes in a greased and floured 9x13 inch pan.

Alisa Muir

GOOD AND MOIST CHOCOLATE CAKE

2 c. sugar
1 tsp. baking powder
¼ tsp. salt
1 c. salad oil
1 tsp. vanilla
1 c. hot water

2½ c. flour
5 Tbsp. cocoa
2 eggs (unbeaten)
1 c. buttermilk
2 tsp. soda

Sift together sugar, flour, baking powder, cocoa, and salt. Dissolve soda in water and add along with remaining ingredients. Beat 2 minutes at medium speed with mixer. Bake in 9x13 inch pan (greased and floured) for 35 minutes at 350°. Frost with Easy Icing.

Easy Icing:

6 Tbsp. brown sugar
4 Tbsp. margarine

2 Tbsp. milk

Combine in a saucepan; bring to a boil or until margarine melts. Remove from heat and cool; add enough powdered sugar to make of spreading consistency.

Stephanie Conkright

SHARON'S CHOCOLATE CAKE

2 c. flour
1 stick margarine
½ c. oil
½ c. buttermilk
2 eggs

2 c. sugar
¼ c. cocoa
1 c. water
1 tsp. vanilla
1 tsp. baking soda

Mix flour and sugar in large bowl. Combine in saucepan, margarine, cocoa, oil, and water. Bring to rapid boil and pour over sugar and flour mixture. Beat well and add buttermilk, eggs, vanilla, and baking soda; mix well. Pour into greased and floured cake pan. Bake in 400° oven for 25 minutes.

Icing:

1 stick margarine
6 Tbsp. milk

1/4 c. cocoa
1 box powdered sugar

Combine margarine, cocoa, milk and bring to a rapid boil. Remove from heat and add powdered sugar. Spread over cake hot from oven.

Sharon DeShazer

CHOCOLATE ZUCCHINI CAKE

1/2 c. soft oleo
1/2 c. vegetable oil
1/2 c. sour milk
2 1/2 c. flour
1 tsp. soda
1/2 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. cloves

1 3/4 c. sugar
2 eggs
1 tsp. vanilla
4 Tbsp. cocoa
2 c. finely diced zucchini (not shredded)
1/4 c. (or more) chocolate chips

Cream oleo, oil and sugar; add eggs, vanilla and sour milk. Beat well with mixer. Mix together all dry ingredients and add to first mixture; beat well. Stir in zucchini and chocolate chips; spoon batter into greased and floured 9x12x2 inch pan. Bake at 325° for 40 to 45 minutes. Frost with thick chocolate frosting.

Karen Williams

ZUCCHINI CAKE

4 eggs
3 c. grated zucchini
3 c. sugar
1 1/2 c. cooking oil
3 c. flour

2 tsp. baking powder
1 1/2 tsp. cinnamon
1/2 tsp. soda
1 c. chopped nuts (optional)

Sift dry ingredients together. Beat eggs and add oil. Add dry ingredients and zucchini; mix well. Add nuts. Pour into well greased and floured Bundt pan or 10 inch tube pan. Bake at 350° for 1 hour, or until an inserted toothpick comes out clean. Cool 25 minutes before removing from pan.

Ice with the following Icing:

1 (3 oz.) pkg. cream cheese
1/2 c. butter

2 c. powdered sugar
1 tsp. vanilla

Cream cheese and butter together. Add powdered sugar and vanilla and beat well.

Cindy Ballard

CHERRY CHERRY

2 cans water packed cherries
1½ c. white sugar
1 white cake mix

2 sticks margarine, melted
½ c. chopped nuts

Pour cherries and sugar into a 9x13 inch pan. Sprinkle cake mix on top of this. Pour melted margarine over the cake mix; sprinkle nuts on top. Bake 1 hour in a 350° oven. Serve warm or cold with Cool Whip. To make a smaller dessert, half the recipe and use a white Jiffy mix.

Carol J. Miller

GREEN APPLE CAKE

4 c. raw apples, diced
2 eggs
2 c. sugar
1 c. walnuts
2 Tbsp. cinnamon

½ c. oil
2 c. flour
2 tsp. soda
¾ tsp. salt

Break eggs over apples; mix. Add sugar, walnuts, cinnamon, and oil. Mix flour, soda and salt; add to the first mixture. Bake in a 9x11 inch pan, 50 to 55 minutes at 350°. Cool before frosting.

Frosting:

6 oz. cream cheese
¾ box powdered sugar

¾ stick oleo
1 tsp. vanilla

Linda McFarland

PRESCHOOLERS APPLE CAKE

2 c. chopped apples
2 c. flour
2 c. sugar
2 tsp. baking powder
Dash of salt

2 eggs
1 tsp. vanilla
¾ c. oil
3 tsp. cinnamon
Nuts (optional)

Mix ingredients in a large bowl with a spoon. Spread into a 9x12 inch pan and bake for 30 to 40 minutes at 350°.

Lisa Rexroad

RAW APPLE CAKE

2 c. sugar
2 c. flour
1 c. shortening
2 eggs, beaten
1 tsp. salt

1½ tsp. soda
¼ tsp. nutmeg
¼ tsp. cinnamon
1 tsp. vanilla
4 medium apples, diced

Cream sugar, shortening and eggs till fluffy; add dry ingredients and apples. Pour into greased and floured cake pan, 9x9 inches. Bake at 350° for 30 to 35 minutes. Serve warm with whipped cream, ice cream or plain.

Geni Woody

SWEDISH APPLE CAKE

1 c. sugar	1/4 tsp. cloves
1/2 c. shortening	1 tsp. cinnamon
2 eggs, beaten	1 tsp. soda
1/2 tsp. salt	1/2 c. nuts
1 1/2 c. flour	3 c. raw apples, chopped

Cream shortening and sugar; add beaten egg and salt. Mix well. Add flour, spices and soda; stir in nuts and apples. Pour into greased and floured 9x12 inch pan. Bake at 350° for 25 minutes. Remove from oven; spread immediately with topping. Return cake to oven for 25 more minutes.

Lori Cox

CARROT CAKE

2 c. sugar	1 tsp. cinnamon
1 1/2 c. salad oil	1/2 tsp. ground allspice
4 eggs	3 c. grated carrots
2 c. flour	1/2 c. chopped pecans
2 tsp. soda	1/4 tsp. salt

Beat eggs and sugar; add oil. Sift together dry ingredients and add to egg/sugar mixture; fold in carrots and nuts last. Bake at 350° for 40 to 45 minutes.

Icing:

1 stick oleo	2 tsp. vanilla
8 oz. cream cheese, softened	Enough water (to spread)
1 (1 lb.) box powdered sugar	

Shirley Fiffe

CARROT CAKE

2 c. flour	1 c. oil
2 tsp. baking powder	2 tsp. vanilla
1 1/2 tsp. baking soda	4 eggs
2 tsp. cinnamon	2 c. grated raw carrots
2 c. sugar	1/2 c. walnuts (optional)
Pinch of salt	
1 small can crushed pineapple with juice	

Mix all dry ingredients in mixing bowl, then add carrots and nuts. Mix well; add crushed pineapple. Bake in a greased and floured pan. Bake at 300° for 30 to 40 minutes.

Icing:

½ c. butter or margarine
2 tsp. vanilla

1 (1 lb.) powdered sugar (2½ c.)
8 oz. cream cheese

Mix together well and spread over cooled cake.

Marilyn Hevener

PINEAPPLE CARROT CAKE

2 c. sugar
1 c. salad oil
4 eggs
1 small can crushed pineapple
½ tsp. salt

1 tsp. vanilla
2 c. flour
2 tsp. soda
1 tsp. cinnamon
2 c. shredded carrots

Cream oil and sugar; add eggs, 1 at a time, beating well. Add pineapple and dry ingredients; stir in carrots. Bake in 10x13 inch pan at 350° for 50 minutes. Frost when cool.

Cream Cheese Frosting:

1 (8 oz.) pkg. cream cheese
¼ c. margarine
2 c. powdered sugar

1 tsp. vanilla
Nuts (optional)

Mix softened cream cheese and softened margarine together until smooth. Blend in powdered sugar and vanilla. Frost cake.

Marcia Pritchett

ALOHA CAKE

1 (2 layer) pkg. yellow cake mix
1 (8 oz.) pkg. cream cheese
1 c. milk
1 small vanilla instant pudding

1 (20 oz.) can crushed pineapple,
well drained
Chopped nuts and/or coconut

Bake cake as directed on package. Bake in either 11x17 inch or 2 (9x13 inch) greased and floured pans. Check for doneness after about 18 minutes. While cake is cooling, cream the cream cheese; add 1 cup milk slowly. Spread pudding mixture on cooled cake. Spread drained pineapple over pudding. (If desired, spread whipped cream over pineapple.) Sprinkle with nuts or coconut or both; refrigerate.

PINEAPPLE CAKE

2 eggs
2 c. sugar
2 Tbsp. oil
2 c. flour
2 tsp. soda

1 tsp. salt
2¼ c. crushed pineapple and juice
1 tsp. vanilla
½ c. pecans, chopped

Cream together eggs, sugar and oil. Stir together flour, soda and salt and add to egg mixture. Add pineapple and juice. Beat well and then add vanilla and pecans. Pour into greased 9x13 inch pan. Bake at 350° for 30 to 35 minutes. When cake is cool, frost with Cream Cheese Frosting.

Cream Cheese Frosting:

8 oz. pkg. cream cheese	1 ³ / ₄ c. powdered sugar
1 stick margarine	1/2 c. chopped pecans
1 tsp. vanilla	

Cream the cheese and butter together. Add vanilla and powdered sugar. Beat well and spread over cake. Sprinkle with pecans.

Carol J. Miller

PINEAPPLE CAKE

2 c. sugar	2 eggs
2 c. flour	1 (20 oz.) can crushed pineapple
1/4 tsp. salt	with juice (unsweetened)
2 tsp. soda	1/2 c. nuts

Beat eggs; add pineapple. Stir into blended dry ingredients. Pour into greased loaf cake pan. Bake at 350° for 20 to 25 minutes.

Frost warm cake with:

1 stick melted oleo	1 lb. powdered sugar
8 oz. cream cheese	1 tsp. vanilla

PINEAPPLE PARTY CAKE

2 c. flour	2 c. crushed pineapple
1 1/2 c. sugar	1 tsp. vanilla
2 tsp. soda	1 c. nuts

Mix well and put in greased and floured 9x13 inch pan. Bake at 350° for 30 minutes.

Icing:

3/4 c. sugar	1 small can milk
1 stick oleo	

Mix together and boil for 3 minutes. Spoon on cake while both are still hot.

PINEAPPLE SHEET CAKE

2 c. sugar	2 c. flour
2 tsp. soda	Pinch of salt
2 tsp. vanilla	2 eggs
1 1/2 c. crushed pineapple, drained	

Mix all the preceding ingredients and bake in an 11x17x1 inch pan, greased and floured. Bake at 350° for 25 to 30 minutes.

Icing:

3 oz. cream cheese, softened	1/2 stick oleo
1 tsp. vanilla	2 c. powdered sugar
1 c. chopped nuts	

Cream together. Frost while cake is still *slightly* warm.

Amy Babb

PUMPKIN BUNDT CAKE

2 c. brown sugar	2 c. cooked or canned pumpkin
1 c. oil	2 tsp. vanilla
2 tsp. baking soda	1 tsp. salt
4 c. flour	1 tsp. cinnamon
2 tsp. baking powder	1 tsp. nutmeg
1 tsp. ginger	

Mix sugar, pumpkin and oil. Sift together dry ingredients; add to pumpkin and stir until smooth. Stir in raisins and nuts if desired. Pour in greased Bundt pan. Bake at 350° for about 45 minutes or until toothpick inserted halfway between edges comes out clean. Let cool 10 to 15 minutes; remove from pan. Sift powdered sugar over top.

Geni Woody

PUMPKIN CAKE

1 pkg. yellow cake mix	1 Tbsp. cinnamon
3/4 c. sugar	1 (16 oz.) can pumpkin
1/2 c. Wesson oil	4 eggs
Dash of nutmeg	

Beat together well. Bake in greased and floured pan, 9x13 inches, at 350° for 50 to 60 minutes. Good with Cream Cheese Frosting. I also bake cake in a Bundt pan.

Lois Veatch

PUMPKIN TORTE

2 small cans (29 oz.) pumpkin	1 tsp. ginger
6 beaten eggs	1 tsp. nutmeg
3/4 c. sugar	1/4 tsp. clove
1 large can Pet milk	1 stick oleo
1 tsp. cinnamon	1 box spice cake mix

Mix and pour into pan. Cut 1 stick oleo into 1 box spice cake mix until crumbly; sprinkle over pumpkin mix and bake in a 9x12 inch or 10x13 inch greased pan at 350° for 1 hour.

PUMPKIN YUMMY

1 large can pumpkin	1/4 tsp. salt
2 tsp. cinnamon	1 c. brown sugar
1/2 tsp. ginger	3 eggs
1/4 tsp. nutmeg	1 (12 oz.) can Pet milk

Pour into greased 9x13 inch pan. Mix 1 yellow cake mix (dry) with 1 stick melted oleo until crumbly; sprinkle over pumpkin mixture. Bake 50 minutes. Nuts may be sprinkled on the last 20 minutes of baking.

DALE'S STRAWBERRY CAKE

1 white cake mix	1/4 c. flour
3/4 c. salad oil	1/2 c. water
1 small box strawberry Jell-O	1/2 c. frozen strawberries, thawed
4 eggs	

Drain strawberries; set aside juice for frosting. Mix all ingredients for 4 minutes. Bake at 350° for 25 minutes in greased and floured 9x13 inch pan.

Frosting:

2 1/2 c. powdered sugar	Juice from berries
1/2 stick margarine	

Mix ingredients until smooth; spread over cooled cake. Keep cake refrigerated.

Karen Henson

LEMON BUNDT CAKE

1 pkg. lemon cake mix with pudding	4 eggs
1 pkg. instant lemon pudding and pie filling (4 serving size)	1 c. water
	1/4 c. oil

Mix all ingredients. Pour into greased and floured 10 inch tube pan. Bake 50 to 55 minutes at 350°. Sprinkle with powdered sugar; or let cool 5 minutes, prick with fork and pour following glaze over top:

2 scoops lemon drink mix	2 Tbsp. melted butter
1/2 c. water	2 c. powdered sugar

Cool 15 minutes; remove from pan.

Diane Farney

DELICIOUS LEMON CAKE

1 pkg. lemon cake mix	4 eggs
1 c. + 1 Tbsp. water	2 c. powdered sugar
1/3 c. salad oil	1 small can frozen lemonade
1 pkg. instant lemon pudding	

Mix cake mix, eggs, water, oil, and pudding. Bake at 350° for 40 minutes. While cake is baking, blend thawed lemonade and powdered sugar. After cake is baked, poke holes in top with fork and pour lemonade mixture over top slowly. Bake an additional 5 minutes. We like this cake best refrigerated. Kids eat this whole cake instead of just the frosting.

LEMON-YOGURT TEA CAKES

Nonstick cooking spray
2 medium size lemons
2¼ c. all-purpose flour
1 c. sugar
¾ tsp. baking powder
½ tsp. baking soda
½ tsp. salt

½ c. light corn oil spread (1 stick)
1 (8 oz.) container nonfat plain yogurt
¼ c. thawed, frozen egg substitute or 3 egg whites
1 tsp. lemon extract

About 45 minutes before serving or early in day:

1. Preheat oven to 350°F. Spray ten 4 x 2¼ inch loaf pans or 3 inch by 1½ inch muffin pan cups with nonstick cooking spray. * From lemons, grate peel and squeeze 2 tablespoons juice.

2. In large bowl, mix flour, sugar, baking powder, baking soda, and salt. With pastry blender or 2 knives used scissor fashion, cut in corn-oil spread until mixture resembles coarse crumbs. Stir in yogurt, egg substitute, lemon extract, lemon peel, and lemon juice just until flour is moistened. Spoon batter into loaf pans or muffin pan cups.

3. Bake 20 to 25 minutes until toothpick inserted in center of cakes comes out clean. Immediately remove cakes from pans; serve tea cakes warm. Or, cool them on wire rack to serve later. Makes 10.

Each: About 265 calories, 7 g fat, negligible cholesterol, 200 mg sodium.

Note: I used regular lemon juice and 1 teaspoon lemon peel. More or less can be used according to taste.

* Or use eighteen 2½ x 1¼ inch muffin pan cups; bake 15 to 18 minutes.

Ellen Fast

FUNNEL CAKE

2 beaten eggs
1½ c. milk
½ tsp. salt

2 c. sifted flour
1 tsp. baking powder

Combine beaten eggs and milk in mixing bowl. Sift together dry ingredients and add to egg mixture; beat until smooth. In 8 inch skillet, heat 2 cups oil to 360°. Cover bottom opening of funnel with your finger. Pour ½ cup batter into funnel; move finger and release batter into hot oil in spiral shape, holding end of funnel close to surface of the oil. Fry until golden brown; turn and cook about 1 minute more. Drain on paper towel and sprinkle with sifted powdered sugar.

Travis Marker

POPPY SEED CAKE

$\frac{1}{2}$ c. ground poppy seed	$2\frac{1}{4}$ c. flour
$\frac{1}{2}$ c. boiling water	1 tsp. soda
1 c. margarine	1 tsp. vanilla
2 c. sugar	$\frac{1}{2}$ tsp. salt
4 eggs	1 c. buttermilk

Pour boiling water over poppy seed and let cool. Cream margarine and sugar; add egg yolks, 1 at a time, beating well after each addition. Blend in vanilla and poppy seed mixture. Sift flour, soda and salt and add alternately with the buttermilk to the first mixture. Beat the egg whites to a soft peak and fold them into the rest of the batter. Bake at 350° for 35 to 40 minutes or until done. Frost with Coconut-Pecan Frosting.

Kim Schrag

POPPY SEED CAKE

1 box or $\frac{3}{4}$ c. poppy seeds	2 c. sifted flour
$\frac{3}{4}$ c. oleo	2 tsp. baking powder
$\frac{3}{4}$ c. milk	1 tsp. vanilla
$1\frac{1}{2}$ c. sugar	4 egg whites, beaten

Soak poppy seeds 6 hours or overnight in the milk. Cream oleo, sugar, poppy seeds, and milk; add flour, baking powder and vanilla. Fold in stiffly beaten egg whites. Makes 3 layers. Bake in greased and floured pans at 350° for 30 minutes.

Filling:

4 egg yolks	1 c. sugar
1 c. broken black walnuts	4 tsp. cornstarch
2 c. milk (canned)	

Cook as custard. Put between layers and on top. Cool cake before icing.

POPPY SEED COFFEE CAKE

1 c. butter	Salt
$1\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. poppy seeds
4 eggs, separated	1 c. buttermilk
$2\frac{1}{2}$ c. flour	1 tsp. almond
1 tsp. baking powder	$\frac{1}{2}$ c. sugar
1 tsp. baking soda	1 tsp. cinnamon

Soak poppy seeds in buttermilk for 10 minutes. Combine all ingredients, except the sugar and cinnamon. Put half of the batter in a Bundt pan. Top with the cinnamon and sugar, mixed together, then top with the other half of the batter. Bake for 1 hour at 350° .

Doris Kimmel

1982 FAIR COFFEE CAKE

Filling:

1 c. sour cream
3 oz. cream cheese

$\frac{1}{3}$ c. sugar
 $\frac{1}{2}$ c. raisins

Blend sour cream, cream cheese, and sugar. Add raisins. Set aside.

$\frac{1}{4}$ c. flour
1 Tbsp. sugar
1 pkg. yeast

$\frac{1}{2}$ c. milk
 $\frac{1}{2}$ c. water
1 c. soft oleo (not melted)

Gradually add to dry ingredients and beat 2 minutes.

$\frac{1}{2}$ c. flour

2 eggs

Beat 2 minutes at high speed. Add enough flour to make soft dough ($3\frac{3}{4}$ to 4 $\frac{1}{2}$ cups). Divide in half. Roll to cover jelly roll pan, *ungreased*. Spread filling over dough; seal edges. Snip dough so steam can escape. Cover and let rise double for 1 hour. Bake at 375° for 30 to 35 minutes. Cool and frost; sprinkle with walnut halves.

Karen Williams

CHERRY COFFEE CAKE

1 c. butter or margarine
 $1\frac{3}{4}$ c. sugar
4 eggs
1 tsp. vanilla
 $\frac{1}{2}$ tsp. almond flavoring

3 c. all-purpose flour
 $1\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt
1 can cherry pie filling*

Cream shortening and sugar; add eggs, 1 at a time, beating well after each. Add flavorings. Mix dry ingredients together on a square of wax paper. Add to creamed mixture and mix well.

Take 1 cup of batter out. Spread remaining batter in 15x10x1 inch sheet pan. Spread can of cherry pie filling evenly over the batter. Distribute the reserved batter over the cherries. Bake at 350° for approximately 35 minutes. Drizzle with powdered sugar icing if desired.

* Other pie fillings are equally good.

Karen Williams

COFFEE CAKE

1 stick butter
1 c. sugar
2 eggs
1 tsp. vanilla

1 c. sour cream
2 c. flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt

Crumb mixture:

$\frac{1}{4}$ c. brown sugar
 $\frac{1}{3}$ c. white sugar

1 c. chopped pecans
Cinnamon as desired

Cream butter and sugar; add eggs, 1 at a time. Sift together dry ingredients, and add to butter mixture. Beat, then add cream and vanilla. Put half of mixture in 9x13 inch pan; cover with $\frac{1}{2}$ of the sugar / nut mixture. Repeat. Bake 25 to 30 minutes at 350°.

Terry Edwards

ICE CREAM CAKE

Cake:

1 (8 oz.) pkg. Oreo cookies	1 c. salted peanuts
$\frac{1}{2}$ c. melted oleo	
$\frac{1}{2}$ gal. vanilla ice cream (Dairy Queen is great)	

Crush cookies with rolling pin and put in bowl; add oleo. Press into 9x13 inch pan; spread on ice cream. Top with peanuts. Freeze at least 1 hour.

Topping:

$\frac{1}{2}$ c. butter	$\frac{2}{3}$ c. chocolate chips
2 c. powdered sugar	1 tsp. vanilla
1 (13 oz.) can evaporated milk	

Combine in pan. Boil 8 minutes; stir. Cool completely. Spread over ice cream; freeze. *Enjoy!*

Deb Binns

POOR MAN'S ICE CREAM CAKE

2 angel food cakes	1 gal. Neapolitan ice cream
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Take an angel food cake pan and line the bottom with wax paper. Grease the sides with a dab of oil, then tear the angel food cakes into small bite-size pieces.

Alternate layers of ice cream and layers of angel food cake in the cake pan. Keep alternating until you run out, then pack cake and ice cream down, using wax paper. *Freeze until solid.*

When you get ready to serve it, cut along the sides with a knife. It needs to be loose enough to flip it over on top of a plate. This makes a lite, and fast dessert.

Linda McFarland

TWINKIE CAKE

Use 1 box yellow cake mix with pudding; mix according to box. Divide into two 9x13 inch pans (use wax paper or grease well). Bake at 350° for 15 minutes. Let cool completely.

Heat following until very thick:

5 Tbsp. flour	1 c. milk
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Pour into mixing bowl; cool until *cold*. When cold, beat until fluffy.

Add:

1/2 c. softened oleo
1/2 c. Crisco
1/2 tsp. salt

1 c. sugar
1 tsp. vanilla

Beat until fluffy. After cake is completely cool. Place filling between 2 layers.

Lynne Miller

BETTER THAN SEX CAKE

1 yellow cake mix
1 (20 oz.) can crushed pineapple
(in juice)
1 c. sugar
1 small instant vanilla pudding mix

3 firm bananas
10 oz. Cool Whip
Coconut
Chopped nuts

Mix cake according to package directions and bake in 9x13 inch pan. When cool, punch holes in cake with end of wooden spoon. Put pineapple and sugar in saucepan and boil 5 minutes. When cool, pour over cake.

Mix pudding as directed on box and pour over cake. Slice bananas and place over top of pudding. Top with Cool Whip and sprinkle with coconut and pecans; refrigerate.

Carol Miller from Rae Ramsey

CRUMB SHORT CAKE

1/2 c. butter
1 c. sugar
3 c. flour

2 tsp. baking powder
1 c. milk

Take butter and cut in sugar and flour using a pastry cutter. Save out 1/3 cup of this crumb mixture, then add to the remainder of the baking powder and milk. Mix and put into a well greased 9x13 inch pan, then sprinkle the reserved crumb mixture on top and bake in moderate oven, 350° for approximately 25 minutes or until done.

Use any kind of fresh fruit such as strawberries or peaches, and serve with cream, plain or whipped.

Note: This recipe came from my grandmother and was published in a community cookbook in 1927.

Debbie Cowl

DUMP CAKE

1 large can crushed pineapple
1 can cherry pie filling
1 pkg. yellow cake mix

1/2 c. chopped nuts
1 c. butter

Grease a 9x13 inch pan. Dump in undrained pineapple; spread to corners. Dump in cherry pie filling; spread to edges. Dump in cake mix; sprinkle evenly to cover. Scatter nuts over cake mix. Melt 2 sticks of butter; pour evenly over top. Don't mix ingredients, just dump. Bake at 350° for 1 hour or until nicely browned.
Joy Ankerholz

ICED WHOLE-WHEAT COFFEE CAKE

1 c. chopped dates	1 Tbsp. baking powder
3/4 c. flour	1 tsp. salt
3/4 c. whole wheat flour	1/2 c. butter
1/2 c. brown sugar	2 eggs
1/3 c. sugar	2 tsp. vanilla

Heat 1 cup of water to boiling; stir in chopped dates. Set aside to cool. Mix dry ingredients and cut in soft butter. Add date mixture, eggs and vanilla; stir just until blended. Bake in a 9x9 inch pan at 350° for about 30 minutes. Cool 15 minutes in pan and spread on icing.

Pecan Icing:

6 Tbsp. powdered sugar	1 tsp. vanilla
1 Tbsp. water	1/3 c. pecans, chopped

Doris Kimmel

POPCORN CAKE

2/3 c. popcorn, popped	2 c. mini marshmallows (or more)
1 pkg. caramels	1 pkg. M&M's or 1 c. M&M's + 1/2
1/4 c. vegetable oil	c. nuts
1/4 c. oleo	

Melt caramels, vegetable oil and oleo. Pour in marshmallows, M&M's, nuts, and popcorn. Grease Bundt pan and press into pan. Cut with cake knife in slices.
Dee Kness

NEAPOLITAN BUNDT CAKE

1 c. water	3 eggs
1/4 c. salad oil	1 tsp. strawberry extract
12 drops of red food color	1/4 c. chocolate flavored syrup
1 pkg. white cake mix	Chocolate Glaze (see following)

Heat oven to 350° (pans with nonstick finish 325°). Generously grease and flour 12 cup Bundt cake pan. Blend dry cake mix, water, oil, and eggs on low speed until moistened; beat 3 minutes on medium speed. Pour 1/3 of the batter (about 1 2/3 cups) into pan. Measure 1/2 of remaining batter (about 1 2/3 cups) into small bowl. Stir in strawberry extract and food color. Carefully pour into pan. Stir chocolate flavored syrup into remaining batter; carefully pour into pan. Bake 40 to 45 minutes or until top springs back when touched lightly in center. Cool 10 minutes. Remove from pan. Cool completely. Drizzle cake with chocolate glaze.

Glaze:

$\frac{2}{3}$ c. confectioners sugar
3 Tbsp. chocolate syrup

Few drops of water

Cindy Jones

SOCK IT TO ME CAKE

1 box butter cake mix (or yellow
cake mix)
 $\frac{3}{4}$ c. salad oil
 $\frac{1}{2}$ c. sugar

1 (8 oz.) ctn. sour cream
1 tsp. vanilla
1 tsp. butter flavoring

Mix and then add 4 eggs, 1 at a time. Pour half of batter in Bundt pan; sprinkle with a mixture of 3 tablespoons brown sugar, 1 tablespoon of cinnamon and pecans. Pour rest of batter in pan and bake at 350° for 50 minutes to 1 hour.

Let cake cool at least 30 minutes before removing from pan, (longer if possible.)

Top with powdered sugar or glaze:

1 c. powdered sugar
3 Tbsp. oleo

3 Tbsp. milk
 $\frac{1}{2}$ tsp. butter flavoring

Debra Snyder

THREE WET 3 DRY CAKE

$\frac{1}{3}$ c. butter
1 egg
Milk

1 c. flour
1 c. sugar
1 tsp. baking powder

Melt butter in a 1 cup measuring cup. When melted, put 1 egg, unbeaten, with butter. Fill measuring cup with milk until it reaches the 1 cup mark. Put with flour, sugar and baking powder. Beat with electric mixer on medium for 1 minute. Pour into a 9 inch greased cake pan; sprinkle with cinnamon and sugar. Bake at 350° for 25 to 30 minutes.

Alisa Muir

TRIFLE

$\frac{1}{2}$ angel food cake (boughten is
fine), freeze other half
1 (16 oz.) pkg. unsweetened
strawberries (buy whole slice)

1 large pkg. vanilla instant
pudding
1 tub Cool Whip (small)

Layer in glass bowl. Drop by spoonfuls - does not need to be even.

Diane Farney

CREAM CHEESE CUP CAKES

1 (8 oz.) pkg. cream cheese
1 egg
1/3 c. sugar

Dash of salt
Chocolate cake mix

Mix all ingredients well with electric mixer until fluffy. Drop by teaspoonfuls into muffin cups (fill 1/3 full of your favorite chocolate cake mix - mixed according to package directions). Bake in a 350° oven for 15 to 20 minutes.

Pam Heimerman

SELF-FILLED CUPCAKES

1 (18.25 oz.) pkg. chocolate cake mix
1 (8 oz.) pkg. cream cheese
1/3 c. sugar

1 egg
1 (6 oz.) pkg. chocolate chips or 1/2 (12 oz.) bag

Mix cake mix according to directions. Fill paper cups in muffin tins, 2/3 full. Cream the cheese with the sugar; beat in eggs. Stir in chips. Drop 1 teaspoon of cheese mixture into each cupcake. Bake as package directs.

Denise Ertl

CREAM CHEESE FROSTING

8 oz. cream cheese
1 stick margarine

2 c. powdered sugar
Vanilla

Mix all ingredients; add milk if needed to be softer.

Travis Marker

APPLESAUCE BROWNIES

1/2 c. shortening
1 1/2 c. sugar
1/2 tsp. cinnamon
2 Tbsp. cocoa
2 c. flour

1 1/2 tsp. soda
1/2 tsp. salt
2 eggs
2 1/2 c. applesauce

Mix all the preceding ingredients together and pour into a greased and floured 9x13 inch pan.

1/2 c. chopped nuts
2 Tbsp. sugar

1 small pkg. chocolate chips

Stir the nuts, sugar and chocolate chips together and sprinkle over batter. Bake at 350° for 30 minutes.

Kim Schrag

BROWNIES

1 stick oleo
1 c. sugar
4 eggs

1 c. plus 1 Tbsp. flour
1 tsp. vanilla
1 can chocolate syrup

Mix oleo and sugar until creamy; add rest of ingredients and beat until smooth. Bake at 350° for 30 minutes.

Topping:

6 Tbsp. oleo
6 Tbsp. milk

1½ c. sugar

Bring all ingredients to a boil and boil for 2 minutes. Add ½ cup chocolate chips and ½ cup nuts (optional). Spread on top of warm brownies; cool and cut in squares.

Val Hederstedt

CARAMEL BROWNIES

1 (14 oz.) pkg. Kraft caramels
⅔ c. evaporated milk
1 pkg. chocolate chips

1 pkg. chocolate cake mix
¾ c. melted oleo
1 c. chopped nuts

Combine butter, cake mix and ⅓ cup milk; beat 2 minutes. Spread ½ batter into 9x13 inch pan. Bake at 350° for 6 minutes. Cool (grease and flour pan). Mix caramels with ⅓ cup milk; melt (micro 2 minutes). Spread over cake; sprinkle with chocolate chips. Mix ½ nuts with remaining chocolate batter and drop by spoonfuls onto cake. Sprinkle with remaining nuts. Bake 18 minutes. Do not overbake.

Denise Ertl

CARAMEL BROWNIES

1 (14 oz.) pkg. caramels
⅔ c. evaporated milk
1 pkg. German chocolate cake mix

¾ c. butter, melted
1 c. chopped nuts (optional)
1 c. semi-sweet chocolate chips

Combine caramels and ⅓ cup milk in double boiler. (I use my microwave for this.) Stir constantly, until caramels are melted. Combine cake mix, butter, ⅓ cup milk, and nuts; stir until dough holds together. Press half of dough into 9x13 inch greased and floured pan; bake 6 minutes. Sprinkle chocolate chips over crust. Spread caramel mixture over chocolate. Crumble reserved dough over mixture. Bake 15 to 18 minutes. Cool slightly and refrigerate until caramel is set. Cut into bars and serve. Amount: 20 to 30 bars. Oven temperature: 350°.

Betty Schaffter

COCOA BROWNIES

4 large eggs	1¾ c. flour
2 c. sugar	½ tsp. salt
1 c. oleo (2 sticks)	½ c. cocoa
2 Tbsp. vanilla	½ c. nuts (optional)

Melt oleo. Beat eggs; add sugar and beat. Add vanilla and oleo; add flour, salt and cocoa and mix (add nuts). Bake at 325° for 5 minutes, then 275° for 36 minutes. Frost with chocolate icing when brownies come out of the oven.

Karen Williams

DOUBLE CHOCOLATE BROWNIES

½ c. margarine	1 tsp. vanilla
1 (12 oz.) pkg. semi-sweet chocolate chips	1 c. chopped walnuts
1½ c. sugar	½ tsp. baking powder
1¼ c. flour	½ tsp. salt
	3 eggs

Heat margarine and 1 cup chocolate chips (microwave). Stir in sugar, flour, vanilla, baking powder, salt, and eggs; add remaining chocolate chips. Spread in 13x9x2 inch lightly greased pan. Sprinkle walnuts on top. Bake 30 minutes at 350°. Cool; cut. Makes 36.

Diane Farney

KATHERINE HEPBURN'S BROWNIES

2 sq. unsweetened chocolate	½ tsp. vanilla
1 stick butter	¼ c. flour
1 c. sugar	¼ tsp. salt
2 eggs	1 c. chopped walnuts

First melt the squares of chocolate and stick of butter in heavy saucepan. Remove from heat; stir in sugar. Add eggs, along with vanilla and beat like mad. Stir in flour, salt and chopped nuts, not smashed up, you know, but just chopped into fairly good pieces. Now mix all that up. Butter a square pan (8x8 inches) and dump the whole thing quickly into the pan. Stuff the pan into a preheated oven (325°) for 40 minutes. After that, take out of the pan and let it cool for a while, then cut into 1½ inch squares and dive right in.

Donna Shafer

PEANUT BUTTER CHIP PUMPKIN BROWNIES

2 eggs	1 c. unsifted flour
1 c. light brown sugar	½ tsp. baking powder
¾ c. canned pumpkin	1 tsp. pumpkin pie spice
½ c. vegetable oil	1 c. peanut butter chips

Beat eggs in medium mixing bowl; add brown sugar, pumpkin and oil. Beat well. Combine flour, baking powder, baking soda, and pumpkin pie spice; blend into creamed mixture until smooth. Stir in peanut butter chips. Pour into greased

and floured 13x9x2 inch pan. Bake at 350° for 25 to 30 minutes or until brownie begins to pull away from sides of the pan; cool. Frost with Peanut Butter Frosting if desired. Makes 30 bars.

Peanut Butter Frosting:

1/3 c. sugar
1/4 c. evaporated milk
2 Tbsp. butter

1 c. peanut butter chips
1 tsp. vanilla

Combine sugar, milk and butter. Stir over medium heat until boiling. Remove from heat. Quickly stir in peanut butter chips until melted; add vanilla. Beat to spreading consistency.

Cindy Ballard

COWBOY COOKIES

1 c. oleo
1 c. white sugar
1 c. brown sugar
2 eggs
2 c. oatmeal
1 c. chocolate chips

2 c. flour
1 tsp. salt
1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla

Cream together thoroughly oleo, white sugar and brown sugar; add eggs and beat well. Sift together flour, salt, soda, and baking powder; add to first mixture. Stir well. Stir in vanilla, oatmeal and chocolate chips, one at a time. Drop by teaspoonfuls on cookie sheet. Bake 10 to 12 minutes at 350°. Cool slightly before removing cookies from sheet. Makes 5 dozen. These freeze well.

Cathy Lilley

CHOCOLATE CRINKLES

1/2 c. vegetable oil
2 c. sugar
4 eggs
2 tsp. vanilla
4 sq. melted unsweetened
chocolate

3 c. flour
1/2 tsp. salt
2 tsp. baking powder
Powdered sugar

Mix oil, melted chocolate and sugar; blend in 1 egg at a time. Add vanilla. Stir dry ingredients into oil mixture. Chill several hours (overnight). Shape into small balls and roll in powdered sugar. Bake at 350° for 10 to 12 minutes. Do not over-bake.

Travis Marker

CHOCOLATE CHIP COOKIES

2¼ c. flour (unsifted)
1 tsp. baking soda
1 c. margarine, softened
¼ c. sugar
¾ c. brown sugar
1 tsp. vanilla

1 (4 serving size) pkg. instant
vanilla pudding
2 eggs
1 (12 oz.) pkg. chocolate chips
1 c. nuts (optional)

Combine margarine, sugars, vanilla, and pudding mix. Beat until smooth and creamy; beat in eggs. Add flour and baking soda; stir chips and nuts. Batter will be stiff. Drop by teaspoonfuls onto ungreased cookie sheet. Baking time: 8 to 10 minutes. Temperature: 375°.

CHOCOLATE CHIP COOKIES

1 c. oleo, softened
¾ c. brown sugar
¾ c. sugar
1 tsp. vanilla
2 eggs

2½ c. flour
1 tsp. baking soda
½ tsp. salt
2 c. chocolate chips

Mix all ingredients together. Bake at 350° for 8 to 10 minutes.

Marilyn Hevener

CRUNCHY CHIP COOKIES

1 c. oleo
½ c. sugar
1½ c. brown sugar
2 eggs
2 c. chow mein noodles
1½ tsp. vanilla

2 c. flour
1 tsp. soda
½ tsp. salt
2 c. oatmeal
12 oz. chocolate chips

Drop on greased cookie sheet 2 inches apart. Bake at 350°F. for 15 minutes.

Karen Williams

TOLL HOUSE PAN COOKIE

2¼ c. unsifted flour
1 tsp. baking soda
1 tsp. salt
1 c. butter, softened
¾ c. sugar
¾ c. firmly packed brown sugar

1 tsp. vanilla extract
2 eggs
1 (12 oz.) pkg. (2 c.) semi-sweet
chocolate morsels
1 c. chopped nuts

Preheat oven to 375°. In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine butter, sugar, brown sugar, and vanilla extract; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in semi-sweet chocolate morsels and nuts. Spread into greased 15x10x1 inch baking pan. Bake at 375° for 20 minutes. Cool; cut into 2 inch squares. Makes thirty-five 2 inch squares.

Note: For one 6 ounce package, recipe may be divided in half. Spread into greased 13x9x2 inch baking pan. Bake for 12 to 15 minutes. Makes twenty-four 2 inch squares.

Cindy Jones

CYCLOPS COOKIES

1/2 c. margarine (1 stick)
1/2 c. peanut butter
1/2 c. sugar
1/2 c. packed brown sugar
1 egg
2 Tbsp. milk
1 tsp. vanilla

1 3/4 c. all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1/8 tsp. baking soda
Additional sugar
Milk chocolate kisses

In a large bowl, beat margarine and peanut butter with electric mixer on medium speed for 30 seconds. Add the 1/2 cup sugar and brown sugar, and beat until fluffy; add egg, milk and vanilla. Beat well.

In a medium bowl, stir together flour, baking powder, salt, and baking soda. With mixer on low speed, gradually add flour mixture to peanut butter mixture, beating well. Turn oven to 375°. Shape dough into 1 inch balls; roll in sugar. Place 2 inches apart on ungreased cookie sheets. Bake 10 to 12 minutes; immediately press a chocolate kiss atop each cookie. Makes 60.

Tonya Hardesty

DOUBLE CHOCOLATE CRUMBLE BARS

1/2 c. margarine
2 eggs
3/4 c. flour
2 Tbsp. cocoa
2 c. tiny marshmallows
1 c. peanut butter

3/4 c. sugar
1 tsp. vanilla
1/2 c. pecans
1/4 tsp. baking powder
1 (6 oz.) bag chocolate chips
1 1/2 c. rice cereal

Cream margarine and sugar; beat in eggs and vanilla. Stir together flour, nuts, cocoa, baking powder, and 1/4 teaspoon salt. Stir into eggs mixture. Spread in bottom of greased pan. Bake at 350° for 15 to 20 minutes or until done. Sprinkle marshmallows evenly on top; bake 3 more minutes. Cool.

In small saucepan, combine chocolate chips and peanut butter. Cook over low heat until chocolate is melted; stir in cereal. Spread mixture on top of cooled bars. Chill and cut into bars.

Carrie Walker

EASY CHOCOLATE COOKIES

1 chocolate cake mix
1 egg

1 small container Cool Whip,
thawed

In large bowl, combine all the preceding ingredients. This mixture will be sticky. Save the Cool Whip container; wash and dry well. Put 1 to $1\frac{1}{2}$ cups powdered sugar in clean Cool Whip container. Drop by tablespoonfuls into powdered sugar and coat well. Place coated cookie balls on ungreased cookie sheet and bake at 350° for 8 to 10 minutes. Check for doneness. May require additional cooking time.

Carla Jackson

NO BAKE COOKIES

$\frac{1}{4}$ lb. margarine
 $\frac{1}{2}$ c. milk

2 c. sugar
 $\frac{1}{4}$ c. cocoa

Mix and boil 1 minute. Remove from stove.

Add:

Vanilla
2 c. quick cook oatmeal

1 c. crunchy peanut butter
Pinch of salt

Mix and put on waxed paper with a teaspoon. Makes 40 cookies. Optional:
 $\frac{1}{2}$ cup coconut.

SNOW TOPS

$\frac{1}{2}$ c. butter
4 sq. chocolate
2 c. sugar
4 eggs
2 tsp. vanilla

2 c. flour
2 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
Powdered sugar

Melt butter and chocolate, then add sugar and eggs, 1 at a time. Add remaining ingredients. Chill well (overnight). Roll into small balls, then roll in powdered sugar. Bake at 350° for 10 to 12 minutes on greased cookie sheet. Do not overbake.

Alyssa Koinzan

TOLL OATS

$1\frac{1}{2}$ c. shortening
 $1\frac{1}{2}$ c. sugar
 $1\frac{1}{2}$ c. brown sugar
3 eggs
3 Tbsp. water
 $1\frac{1}{2}$ tsp. vanilla

$2\frac{1}{4}$ c. flour
 $1\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ c. crunchy peanut butter
 $4\frac{1}{2}$ c. oatmeal
1 pkg. mini chocolate chips or 2
(12 oz.) pkg. chocolate chips

Cream shortening, peanut butter, sugar, eggs, and water; add remaining ingredients. Drop by tablespoonfuls onto greased cookie sheet. Bake at 350° about 10 minutes. Do not overbake.

Karen Williams

BOILED CHOCOLATE OATMEAL COOKIES

½ c. milk
2 c. sugar

1 stick oleo
3 Tbsp. cocoa

Add:

½ c. peanut butter
1 tsp. vanilla

3 c. oatmeal

Mix together first 4 ingredients in saucepan. Cook for 1 minute at a full boil and remove from heat. Add remaining ingredients and stir. Drop by spoonfuls on wax paper. Cool and eat.

Joy Ankerholz

OATMEAL COOKIES

1 c. brown sugar
1 c. sugar
1 c. Crisco shortening
2 eggs
2 tsp. vanilla
2 Tbsp. milk
2 c. flour

1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
½ tsp. nutmeg
2 c. oatmeal

Cream together sugar and shortening; add eggs, then add vanilla and milk. Mix well and add all dry ingredients, adding oatmeal last. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 350° for 8 to 10 minutes.

Alyssa Koinzan

OATMEAL COOKIES

1 c. raisins, cooked so you have ½
c. water
1 c. lard
1 c. sugar
1 scant tsp. soda

1 tsp. baking powder
2 eggs
1 tsp. cinnamon
2 c. flour
2 c. oats

Mix and drop by spoonful. Bake until brown at 375°.

OLD-FASHIONED OATMEAL COOKIES

1 c. white sugar
1 c. brown sugar
2 eggs
1 c. Mazola or liquid cooking oil
2 c. oatmeal
2 c. flour
1 tsp. soda

1 tsp. salt
1 c. raisins, chopped (optional)
Nuts (optional)
Chopped dried fruit (optional)
Dates (optional)
Chocolate chips (optional)

Using a mixing bowl, *not* an electric mixer, blend the sugars with the eggs until mixed. Stir in Mazola until blended thoroughly. Sift together dry ingredients, then add the oatmeal and optional ingredients. Bake at 375° until done.

Note: These cookies do not keep that well - 1 to 2 days at most, but are easy to make, and seem to disappear quickly. I have used $\frac{1}{2}$ whole wheat flour with no problem, and practically any optional ingredients may be put in to add nutrition, if desired.

Terry Edwards

GRANDMA'S OATMEAL RAISIN COOKIES

1 c. sugar	1 c. cooked raisins
1 c. shortening	2 c. flour
2 eggs	1 tsp. baking powder
2 c. oatmeal	1 tsp. salt
6 Tbsp. raisin juice	1 tsp. vanilla
1 tsp. soda, dissolved in raisin juice	

Cook raisins until soft; cool. Cream together shortening and sugar; add eggs, beat well. Add oatmeal and beat. Add raisin juice with soda dissolved in it, then raisins. Last, add the flour, salt and baking powder. Mix and add vanilla. Drop on greased cookie sheet. Bake at 350° for 10 minutes.

Alyssa Koinzan

WONDER DELIGHT COOKIES

1 stick oleo	$\frac{1}{2}$ c. peanut butter
$\frac{1}{4}$ c. cocoa	1 tsp. vanilla
$\frac{1}{2}$ c. canned milk	2 $\frac{1}{2}$ c. oatmeal
2 c. sugar	

Mix together oleo, cocoa, milk, and sugar. Bring to a boil. Remove from heat; add remaining ingredients. Drop by teaspoonfuls on foil; let set. Makes 36 cookies.

Sheri Kienzle

OATMEAL SUGAR COOKIES

1 c. brown sugar	$\frac{1}{2}$ tsp. baking powder
1 c. sugar	$\frac{1}{2}$ tsp. salt and cinnamon
1 c. shortening	1 tsp. soda
2 eggs	3 c. oatmeal
1 tsp. vanilla	1 $\frac{1}{2}$ c. flour

Cream sugars and shortening; add eggs and vanilla and blend. Stir dry ingredients together; combine with shortening mixture. Add oatmeal; roll in walnut size balls. Roll in sugar; flatten with bottom of glass dipped in sugar. Place on greased baking sheet; bake in 350° oven until brown, about 10 minutes.

To change flavor, add $\frac{1}{4}$ cup peanut butter, nuts, chocolate chips, or coconut.

Joyce Fast

AMISH SUGAR COOKIES

1 c. sugar	4½ c. flour
1 c. powdered sugar	1 tsp. soda
1 c. oleo, softened	1 tsp. cream of tartar
1 c. oil	1 tsp. vanilla
2 eggs	

Beat sugars, oleo and oil well; add eggs and beat again. Add remaining ingredients. Drop onto cookie sheet in small balls and flatten slightly with a fork. Bake at 375° for 10 to 15 minutes on ungreased baking sheet. Makes approximately 6 dozen cookies.

Shelley Sporn

SUGAR COOKIES

$\frac{3}{4}$ c. shortening	2½ c. sifted flour
1 c. sugar	1 tsp. baking powder
2 eggs	1 tsp. salt
$\frac{1}{2}$ tsp. vanilla	

Mix thoroughly shortening, sugar, eggs, and vanilla. Sift dry ingredients and stir in, using mixer until well blended. Put dough in freezer 2 to 4 hours. (I make in the evening and roll out the next day.)

Roll out on floured surface, about $\frac{1}{4}$ inch thick, and cut into desired shapes. Bake at 350° to 375° for 8 to 10 minutes on ungreased cookie sheet. Let them cool and frost with your favorite icing.

Carla Jackson

SUGAR COOKIES

$\frac{1}{4}$ c. butter	1½ c. flour
$\frac{1}{4}$ c. Crisco	$\frac{1}{4}$ tsp. baking powder
$\frac{3}{4}$ c. sugar	$\frac{1}{4}$ tsp. salt
1 egg	

Thoroughly cream butter, Crisco and sugar; add egg and beat until fluffy. Sift together dry ingredients and add to creamed mixture. Refrigerate 2 to 3 hours, or overnight. Roll to approximately $\frac{1}{8}$ inch thickness, and use desired cookie cutter. Bake at 420° for 5 to 7 minutes. Cool on rack and frost.

Note: I usually double or quadruple this recipe, as it does not make that much as written. I have also frozen the dough for as long as a month before baking without any problems.

Terry Edwards

PEANUT BUTTER COOKIES

1 1/4 c. flour	1/2 c. butter (1 stick)
3/4 tsp. baking soda	1/2 c. peanut butter
1/2 tsp. baking powder	1/2 c. sugar
1/4 tsp. salt	1/2 c. brown sugar
1 egg	1 tsp. vanilla

Mix all ingredients together well. Drop onto ungreased cookie sheet. Can roll in sugar. Bake 8 to 10 minutes at 350°.

Lori Cox

PEANUT BUTTER FINGERS

1/2 c. butter	1/2 tsp. soda
1/2 c. white sugar	1/2 tsp. vanilla
1/2 c. brown sugar	1 c. flour
1 egg	1 c. oats
1/2 c. peanut butter	1/4 tsp. salt

Mix butter and sugars thoroughly; blend in peanut butter, egg, soda, salt, and vanilla. Stir in flour and oats. Spread in 13x9 inch greased pan. Bake at 350° for 20 to 25 minutes. While hot, sprinkle one 6 ounce package chocolate chips over and let stand 5 minutes.

Frosting - Combine:

1 1/2 c. powdered sugar	2 to 4 Tbsp. evaporated milk
1/4 c. peanut butter	

Drop on.

Brandon Mace

BANANA COOKIES

3/4 c. shortening	2 mashed bananas
3/4 c. brown sugar	1/4 tsp. salt
1 egg	1 tsp. soda
1/2 tsp. vanilla	2 c. flour

Cream shortening and sugar; add egg, vanilla and mashed bananas. Blend. Sift salt, soda and flour. Drop on cookie sheet; press down. Bake 10 minutes in 350° oven.

Frosting:

6 Tbsp. brown sugar
4 Tbsp. cream or milk

4 Tbsp. margarine

Put sugar, milk and margarine in pan and bring to boil until sugar dissolves. Add powdered sugar until spreading consistency.

Leah Currie

CARROT COOKIES

$\frac{3}{4}$ c. margarine or butter
 $\frac{3}{4}$ c. sugar
1 c. cooked, mashed carrots
1 egg
 $\frac{1}{2}$ tsp. salt
2 c. flour

2 tsp. baking powder
1 tsp. vanilla
1 c. raisins, which have been
soaked until tender in hot
water

Cream together shortening and sugar; add mashed carrots and egg. Beat well. Sift together dry ingredients, and add to mixture. Stir in vanilla and raisins. Drop by teaspoonfuls on lightly greased cookie sheet. Bake at 375° until done.

Frost with Orange Icing:

Powdered sugar
Orange juice

Grated orange rind

Makes approximately 3 dozen. (These do not keep that well - 2 to 3 days at most, but I have frozen them with success.)

Terry Edwards

DATE PINWHEEL COOKIES

Filling:

1 lb. dates, chopped
1 c. sugar

$\frac{3}{4}$ c. water
1 c. chopped nuts

Cook filling mixture until thick. Cool while mixing dough.

Dough:

2 c. brown sugar
2 eggs, well beaten
1 tsp. soda
1 c. soft shortening

4 c. flour (scant)
1 tsp. vanilla
Pinch of salt

Mix dough well by hand. Divide in 2 portions; roll on wax paper, $\frac{1}{4}$ inch thick. Spread with $\frac{1}{2}$ date mix; roll up. Chill 2 hours or overnight. Cut $\frac{1}{2}$ inch thick and bake on foil at 350° for 10 minutes.

Leah Currie

PUMPKIN BARS

4 eggs	1 tsp. soda
11 c. oil	1/2 tsp. salt
2 c. sugar	2 tsp. cinnamon
2 c. pumpkin	1/2 tsp. ginger
2 c. flour	1/2 tsp. cloves
2 tsp. baking powder	1/2 tsp. nutmeg

Mix first 4 ingredients, then mix in dry ingredients and beat 1 minute. Pour into jelly roll pan. Bake at 350° for 20 to 25 minutes.

Cream Cheese Frosting:

8 oz. cream cheese	1 tsp. vanilla
1 lb. powdered sugar	1 stick margarine

For frosting, mix together and spread on Pumpkin Bars and refrigerate.

Betty Schaffter

SUNKIST LEMON BARS

1 egg	1/2 tsp. baking powder
1/3 c. butter or margarine	1/4 tsp. salt
1 pkg. lemon cake mix	2 tsp. grated lemon peel
2 eggs	1/4 c. lemon juice
1 c. sugar	Confectioners sugar if desired

Heat oven to 350°. Mix 1 egg, butter and cake mix (dry) until crumbly; reserve 1 cup. Pat remaining mixture lightly in greased pan (13x9x2 inch). Bake 15 minutes or until light brown. Beat 2 eggs, sugar, baking powder, salt, lemon peel, and lemon juice with rotary beater until light and foamy. Pour over hot crust; sprinkle with reserved crumb mixture. Bake about 15 minutes, or until light brown. Sprinkle with confectioners sugar; cool. Cut into bars, 2 x 2 1/2 inches.

Comments: Do not overbake, as they will get too brown. Yield: 32 bars. Preparation time: 25 minutes. Cooking time: 30 minutes.

Cindy Ballard

NO TROUBLE COOKIES

1 pkg. lemon cake mix (or any flavor)	1 (8 oz.) container Cool Whip
	1 egg

Mix all ingredients. Drop by teaspoonfuls into bowl of powdered sugar, then place on ungreased cookie sheet. Bake at 350° for 15 minutes.

Lori Cox

GRAMMY'S HONEY CRINKLE COOKIES

Sift together:

2 c. flour	3/4 tsp. mace
2 tsp. soda	

Beat:

1/4 c. honey
2/3 c. oil

1 c. sugar
1 egg

Combine sifted ingredients with beaten ingredients. Roll into balls and dip into granulated sugar. Bake at 350° for 5 minutes, watching after that till turning a light golden brown. A good cookie at Christmas time.

Amy Babb

SOFT MOLASSES DROPS

1 c. shortening
1/2 c. molasses
3 c. flour
2 tsp. baking soda
1 tsp. ground ginger

1 c. sugar
1 egg
3/4 c. dairy sour cream
1 tsp. salt
1 tsp. ground cinnamon

Mix sugar, shortening, molasses, and egg. Stir in remaining ingredients. Drop by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet. Bake at 350° for 10 minutes. Makes 5 dozen.

Lynne Miller

PECAN PIE BARS

Crust:

2/3 c. sugar
1/2 c. margarine
1 tsp. vanilla

1 egg
1 1/2 c. flour

Heat oven to 350°. Mix sugar, margarine, 1 teaspoon vanilla, and 1 egg; stir in flour. Press dough in bottom and 1/2 inch up sides of ungreased 13x9 inch pan. Bake 10 to 15 minutes until edges are light brown.

Filling:

2/3 c. brown sugar
1/2 c. dark or light syrup
1 tsp. vanilla

3 eggs
1 c. broken pecans

Beat brown sugar, syrup, 1 teaspoon vanilla, and 3 eggs with spoon; stir in pecans. Pour over crust. Bake until set, 25 to 30 minutes. Loosen edges from sides of pan while warm. Cool completely. Cut into bars, about 2 x 1 1/2 inches. Cover and refrigerate. Makes 36 bars.

Lois Veatch

BUTTER SPRIZ COOKIES

1 c. butter
1/2 c. sugar
2 1/4 c. flour

1 egg
1/2 tsp. vanilla
Food coloring

Beat butter and sugar until fluffy; beat in egg and add vanilla. Blend in flour. Divide dough in thirds and add food coloring. Fill cookie press and press. Bake at 350° for 8 to 10 minutes. Makes 4 dozen.

Travis Marker

PUMMELCHEN - NEW YEAR'S COOKIES

1½ c. milk	1 pkg. yeast
½ c. oil	½ c. warm water
½ c. sugar	1 tsp. sugar
2 tsp. salt	7 c. flour
2 eggs	1 c. raisins, floured

Let rise until doubled in bulk. Drop in hot oil, 375°, raised side down, so top will rise while underside cooks. Turn, but be careful not to prick them. Drain on absorbent paper. Roll in granulated sugar while hot.

Joyce Fast

HIKERS' BARS

In a large saucepan, stir together ¾ cup packed brown sugar and ½ cup honey. Bring to boil, stirring constantly. Remove from heat. Stir in 1½ cups peanut butter until smooth. Stir in 5 cups whole grain cereal flakes. (I use Kellogg's Just Right cereal.) Spread mixture into a greased 12 x 7½ x 2 inch pan; cool. Cut into bars and wrap each in plastic wrap. Makes about 24 bars.

Variations: One 6 ounce package mixed dried fruit bits can be added with cereal. Nuts and/or raisins can be added with cereal.

Donna Callahan

RICE KRISPIE COOKIES

1 c. oleo	2½ c. flour
1 c. sugar	1 tsp. baking powder
1 c. brown sugar	1 tsp. soda
2 eggs	2 c. oatmeal
1 tsp. vanilla	2 c. Rice Krispies

Mix oleo, sugars, eggs, and vanilla well. Add flour, baking powder and soda; stir. Add oatmeal, stir, then Rice Krispies last. Drop by teaspoonful on cookie sheet and bake at 375° for 7 or 8 minutes. Makes 5 to 6 dozen.

SCOTCHAROOS

1 c. peanut butter	1 c. sugar
1 c. white corn syrup	6 c. Rice Krispies

Melt peanut butter, syrup and sugar together. Remove from heat and add Rice Krispies. Spread mixture in greased 9x13 inch pan. This may be topped with 6 ounces chocolate chips and 6 ounces butterscotch chips, melted together.

Jo Horn

GINGERSNAPS

3/4 c. Crisco
1/2 c. sugar
1/2 c. brown sugar
1/4 c. light molasses
1 egg
2 1/4 c. flour

2 tsp. baking soda
1/2 tsp. salt
1 tsp. ginger
1 tsp. cinnamon
1/2 tsp. cloves

Cream together well the Crisco, sugars, molasses, and egg; beat until fluffy. Sift together dry ingredients and stir into creamed mixture. Form into small balls (size of small walnut) and roll in granulated sugar. Place 2 inches apart on greased cookie sheet. Bake at 375° for 10 to 12 minutes. Cool on cookie racks. (These are best if a little underdone.)

Note: I double this recipe often, form into the balls, and freeze them. You can bake them as needed.

Terry Edwards

SNICKERDOODLES

1 c. shortening
1 1/2 c. sugar
2 eggs
2 3/4 c. sifted flour

2 tsp. cream of tartar
1 tsp. soda
1/2 tsp. salt

Mix and chill. Shape into balls and roll in 2 tablespoons sugar and 2 tablespoons cinnamon. Bake 8 to 10 minutes at 400°.

Debra Snyder

SNICKERDOODLES

2 sticks oleo, softened
1 1/2 c. sugar
2 eggs
2 3/4 c. flour

1/2 tsp. salt
2 tsp. cream of tartar
1 tsp. soda
1 tsp. lemon or vanilla

Cream oleo, sugar and eggs; add extracts and the sifted dry ingredients. Chill. Make into small balls and roll in the following mixture: Two tablespoons sugar and 2 tablespoons cinnamon. Bake 10 minutes at 350° on greased cookie sheet.

Diane Farney

CINNAMON CANDY

1 c. light syrup
1/2 c. water
2 1/2 c. sugar

1 tsp. cinnamon oil
1 tsp. red food coloring

Bring sugar, syrup and water to boil. Cook to hard crack stage (300°). Add cinnamon oil and food coloring. Remove from stove and beat. Pour into lightly buttered cookie sheet. When cool, break into pieces.

Travis Marker

SODA CRACKER CANDY

30 to 40 soda crackers
1 c. butter

1 c. brown sugar
1 bag chocolate chips

Line 18x13 inch cookie sheet with foil. Grease and place soda crackers, side by side. Boil the butter and brown sugar for 3 minutes, stirring constantly. Pour over crackers evenly. Bake 7 minutes at 375°.

Pour on chocolate chips immediately after baking; smooth evenly. Break into bite-size pieces.

Cindy Ballard

CINNAMON CANDY

2 c. sugar
 $\frac{2}{3}$ c. light corn syrup
1 c. water

1 tsp. cinnamon oil
 $\frac{1}{2}$ tsp. red coloring

Combine sugar, syrup and water, and stir until sugar dissolves. Cook, without stirring, to hard crack stage (300°). Add oil and coloring; pour and spread fairly thin on buttered platter. Store while warm.

Ed Coons

ENGLISH TOFFEE

1 c. sugar
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ c. water
 $\frac{1}{2}$ c. butter or oleo

$\frac{1}{2}$ c. chopped walnuts
12 oz. milk chocolate bits
 $\frac{1}{2}$ c. finely chopped walnuts

Combine sugar, salt, water, and butter. Cook to light crack stage (258°F.). Add $\frac{1}{2}$ cup chopped walnuts. Pour onto well greased cookie sheet; cool. Melt 12 ounces milk chocolate pieces in double boiler. Spread half on top of the toffee, then sprinkle with finely chopped walnuts; cool. Turn the toffee over and repeat with remaining chocolate and nuts. When chocolate is cooled, break toffee in pieces.

Mrs. Stanley C. Smith (Pat)

MICROWAVE PEANUT BRITTLE

1 c. raw peanuts
1 c. sugar
 $\frac{1}{2}$ c. light syrup
Dash of salt

1 Tbsp. butter
1 tsp. soda
1 tsp. vanilla

Mix peanuts, sugar, syrup, and salt in a microwavable bowl. Place in microwave and cook on HIGH for 7 minutes. Stir well after 4 minutes and 7 minutes. Add butter; stir well. Cook another 2 minutes or until light brown in color. Add baking soda and vanilla; stir. Pour onto greased cookie sheet and spread out; let cool. Break into pieces. Store in an airtight container.

Amy Babb

PEANUT BRITTLE (Microwave)

1 c. white sugar
½ c. syrup (Karo)
1 Tbsp. butter

1 c. raw peanuts
1 tsp. soda

Cook on HIGH in microwave for 8 minutes - if not golden brown, put in 2 minutes more. Add butter and soda. Pour onto cookie sheet. *Enjoy!*

Sharon DeShazer

PEANUT BUTTER BALLS

3 lb. powdered sugar
1 qt. peanut butter (4 c.)
1 lb. soft oleo

2 lb. chocolate candy coating
(bark)

Mix together powdered sugar, peanut butter and oleo. Roll into balls the size of walnuts. Dip into melted chocolate. (To melt chocolate, use a double boiler or a metal bowl; set inside a skillet with an inch of water.) Place balls on wax paper until chocolate dries.

Cindy Jones

HOP SCOTCH

1 (6 oz.) pkg. butterscotch chips
1 can Chinese noodles (3 oz. 2 c.)
½ c. peanut butter (optional)

2 c. miniature marshmallows
1 c. peanuts (may be substituted
for marshmallows)

Melt chips in top of double boiler over hot (not boiling) water or in the microwave; add peanut butter. Remove from heat and stir in noodles and marshmallows. Drop by spoonfuls on waxed paper and let cool.

Donna Callahan

CHRISTMAS KISSES

3 pkg. chocolate bits
17 oz. marshmallow creme
⅓ tsp. salt
2 pkg. large marshmallows

1 can Eagle Brand milk
1 tsp. vanilla
1 to 2 c. pecans, chopped

Melt chocolate bits over hot water. Mix canned milk, marshmallow creme, vanilla, and nuts; mix well. Drop large marshmallows in 2 or 3 at a time and with 2 forks, cover marshmallows completely. Place on wax paper and let stand overnight.

Karen Williams

TWO-TONE FUDGE

2 c. brown sugar, firmly packed
1 c. granulated sugar
1 c. evaporated milk
½ c. butter or margarine

1 (10 oz.) jar marshmallow cream
1 (6 oz.) pkg. butterscotch chips
1 (6 oz.) pkg. chocolate chips
1 c. chopped walnuts

Combine brown sugar, granulated sugar, evaporated milk, and butter in saucepan. Bring to full boil over moderate heat, stirring constantly. Boil 10 minutes over moderate heat, stirring occasionally. Remove from heat; add marshmallow cream and 1 teaspoon vanilla. Stir mixture until smooth.

Pour 2 cups of this mixture into a saucepan and add the chocolate chips and stir until chips are melted. Add $\frac{1}{2}$ cup walnuts; mix thoroughly. Pour evenly into greased 9 inch pan. To the remaining hot mixture, add the butterscotch chips, stirring until melted. Add $\frac{1}{2}$ cup walnuts; mix thoroughly. Pour evenly over chocolate mixture. Chill until firm. Makes about $2\frac{1}{2}$ pounds.

Donna Callahan

DIVINITY

2 c. granulated sugar
 $\frac{1}{2}$ c. light corn syrup
 $\frac{1}{2}$ c. water
 $\frac{1}{8}$ tsp. salt

2 egg whites
1 tsp. vanilla
1 tsp. powdered sugar

In saucepan, mix first 4 ingredients. Slowly bring to a boil, stirring until sugar dissolves. Cook to 260° (hard ball stage). Meanwhile, beat egg whites until stiff. Gradually pour hot syrup into whites. Beat until candy begins to hold its shape. Beat in vanilla and powdered sugar. (This amount of powdered sugar makes a real improvement in texture.) Drop from teaspoonful on waxed paper or pour into buttered pan. Let stand several hours until firm. Store in airtight container. Makes about 50 pieces.

Elsie Wickliffe

CARAMEL CANDY BARS

1 pkg. caramels

$\frac{1}{3}$ c. milk

Caramel topping may be substituted. Preheat oven to 350° . Grease a $13 \times 9 \times 2$ inch pan. Heat caramels and milk in 2 quart saucepan over low heat, stirring frequently, until smooth.

1 c. margarine
 $1\frac{1}{2}$ c. brown sugar
1 egg
1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt

2 c. flour
2 c. oats
1 pkg. M&M's
1 c. walnuts (optional)

Remove from heat. Mix margarine, brown sugar, egg, soda, and salt. Stir in flour and oats. Press half of the mixture in pan; sprinkle with M&M's and nuts. Drizzle with caramel mixture; top with remaining oatmeal mixture. Bake until golden brown, 20 to 25 minutes. Cool 30 minutes. Loosen edges from sides of pan; cool completely. Cut into bars.

Debra Snyder

APPLE CRISP

Apples (about 6)
1/4 c. + 2 Tbsp. flour
1/4 c. + 2 Tbsp. sugar
6 Tbsp. margarine
3/4 c. brown sugar

1/2 c. flour
1/2 c. oatmeal
1/2 tsp. nutmeg
1/2 tsp. cinnamon

Slice apples into thin slices. Place these in a greased 8x8 inch pan; sprinkle with flour and sugar.

Topping: Cut in margarine with other ingredients; sprinkle over apple mixture. Bake at 400° for 20 minutes.

Alisa Muir

APPLE CRISP

12 c. sliced apples
1/2 c. water
1 tsp. cinnamon
1 tsp. salt

2 c. sugar
1 1/2 c. sifted flour
2/3 c. butter

Place apples in a 9x13 inch pan. Mix water, cinnamon and salt; pour this over the apples. Mix sugar, flour and butter until crumbly; put on top of apples and bake. Sprinkle top with a dab of water. Bake 40 minutes at 350°.

Linda McFarland

RHUBARB CRISP

First mixture:

1 c. flour
1 c. oatmeal
1 c. brown sugar

1/2 c. melted butter
1 tsp. cinnamon

Mix the first set of ingredients until crumbly.

Second mixture:

1 c. sugar
2 Tbsp. cornstarch

1 1/2 c. water
1 tsp. vanilla

Combine second mixture; cook until thick and clear. Press half of crumbs in greased 9x9 inch pan.

Have on hand 4 cups diced rhubarb. Add rhubarb. Pour the second mixture over the rhubarb; top with remaining crumbs. Bake approximately 45 minutes at 350°.

Donna Shafer

BANANA SPLIT DESSERT

3 c. graham cracker crumbs (2 pkg.)

2/3 c. sugar
1/2 c. melted oleo

Combine all ingredients; cover bottom of 11x15 inch pan. Reserve 1 cup crumbs.

2 or 3 bananas	1 c. chopped nuts
1½ gal. Neapolitan ice cream	½ c. oleo
1 c. chocolate chips	1½ c. evaporated milk
2 c. powdered sugar	1 tub Cool Whip
1 tsp. vanilla	

Slice bananas lengthwise and layer over crust. Slice ice cream in ½ inch slices so it includes all 3 colors. Place over bananas; sprinkle with chopped nuts. Freeze until firm.

Melt chocolate chips and oleo; add powdered sugar and evaporated milk. Cook mixture until thick and smooth, stirring constantly. Remove from heat; add vanilla. Cool mixture and pour over ice cream. Freeze till firm. Spread Cool Whip over chocolate layer; top with remaining crumbs. Store in freezer. Remove about 10 minutes before serving.

Ellen Fast

CHERRIES IN THE SNOW

1½ c. flour	2 c. powdered sugar
2 Tbsp. sugar	8 oz. cream cheese
1½ sticks margarine	8 oz. Cool Whip
¾ c. chopped pecans	1 can Wilderness cherry pie filling

Mix together flour, sugar, margarine, and pecans; press into the bottom of a 9x13 inch pan. Bake at 350° for 20 minutes. Cream together the powdered sugar and cream cheese, then fold in the Cool Whip. Spread these mixture over the cooled crust; top with the cherry pie filling. Keep refrigerated.

Kim Schrag

CHERRY CHA-CHA

1 c. or ¼ lb. graham crackers	½ pt. whip cream
¼ c. melted butter	4 c. miniature marshmallows
3 Tbsp. powdered sugar	1 can cherry pie mix

Crush crackers; add butter and powdered sugar for crust. (Keep out 2 table-spoons.) *Chill!*

Add marshmallows to whip cream. Put ½ of mixture over crust. Spread cherry pie filling over mixture, then cover with remaining mixture and sprinkle crumbs on top. *Chill!*

Terri Bloomer

CHERRY CRUNCH

1 c. flour	1 c. oatmeal
½ c. margarine, melted	1 can cherry pie filling
1 c. brown sugar	

Mix all ingredients together, except pie filling. Put $\frac{1}{2}$ of mix on bottom of baking dish. Spread pie filling on top. Put rest of mix on top of pie filling. Bake at 350° for 30 minutes. Other flavors of pie filling can be used.

Lori Cox

LEMON DELIGHT

1½ sticks margarine
⅔ c. chopped pecans
1 c. powdered sugar
3 c. milk

2 pkg. lemon instant pudding mix
1½ c. flour
1 (8 oz.) pkg. cream cheese
1 (8 oz.) ctn. whipped topping

Cream margarine and flour; add pecans. Pat mixture into bottom of 9x13 inch pan. Bake at 350° for 30 minutes. Mix cream cheese with powdered sugar and add half of the whipped topping; spread on the crust. Beat milk, 1 cup at a time, with instant pudding mix and pour over cheese mixture. Top this with remaining whipped topping and refrigerate overnight. Cut into squares to serve 12.

Lynne Miller

LEMONADE DESSERT

1 can Eagle Brand milk
1 (6 oz.) can pink frozen lemonade

1 qt. ctn. Cool Whip

Mix first 3 ingredients together and beat until well mixed. Pour into graham cracker crust. Refrigerate. *Good!*

Graham cracker crust:

1½ c. graham cracker crumbs
½ stick butter, melted

2 Tbsp. sugar

Mix together and pat into bottom of 8x13 inch pan. Save some to sprinkle over top, 2 tablespoons.

Dee Kness

LIME CHOCOLATE DELICIOUS

1 (13 oz.) can evaporated milk,
chilled
1 large pkg. lime Jell-O
1¾ c. hot water
2 tsp. lemon juice

¼ c. lime juice
½ c. sugar
2 c. chocolate wafer crumbs
⅓ c. melted butter
Sweet chocolate

Mix chocolate wafer crumbs with melted butter and pack in bottom of glass pan, 9x13 inches. Dissolve Jell-O in hot water; add sugar and juices. Chill until partially set. Whip chilled milk until fluffy; fold in gelatin mixture. Pour over chocolate crumbs and top with shaved chocolate. Chill until firm.

Julie K. Smith

ORANGE DESSERT

Meringue crust:

3 egg whites, beaten stiff
1 c. sugar

$\frac{1}{2}$ c. rolled Rice Krispies
 $\frac{1}{2}$ c. nuts

Spread in large cake pan. Bake in 350° oven.

Filling: Two packages Dream Whip as directed by package directions. Fold in 1 package instant vanilla pudding mix.

Add:

$\frac{3}{4}$ c. coconut
 $\frac{1}{2}$ c. chopped nuts

2 cans drained mandarin oranges

Fold together and pour into cooled crust. Refrigerate.

CHERRIES JUBILEE

1 $\frac{1}{2}$ qt. vanilla ice cream
1 (29 oz.) can pitted Bing cherries,
drained

$\frac{3}{4}$ c. currant jelly
 $\frac{1}{2}$ c. brandy

About 2 hours before serving. Make 8 large ice cream balls and freeze on cookie sheet or plate. Mix currant jelly and Bing cherries in chafing dish. At serving time, place ice cream in dishes and bring to table. Light fire under chafing dish to melt jelly and heat cherries. Pour brandy into center of fruit. (Do not stir.) Let brandy heat, undisturbed, when warmed, light carefully with match. Spoon flaming fruit on ice cream. Yield: 8 servings. *It's not as hard as you think!*

Woody Tucker

PEACHES FLAMBE

2 c. frozen or fresh peaches
 $\frac{1}{4}$ c. butter
 $\frac{1}{4}$ c. sugar (or to taste)
 $\frac{1}{4}$ c. peach preserves

2 oz. Grand Marnier
2 oz. Cointreau
Vanilla ice cream

Cook butter, peaches, sugar, and preserves slowly until thick. Add liqueurs and flame if desired. Serve hot over firm vanilla ice cream. Yield: 4 to 6 servings.

Woody Tucker

RASPBERRY SWIRL

$\frac{3}{4}$ c. graham cracker crumbs
3 Tbsp. sugar
 $\frac{1}{2}$ stick oleo, melted
3 eggs
1 c. sugar

$\frac{1}{8}$ tsp. salt
1 c. heavy whipping cream
1 (10 oz.) pkg. frozen raspberries
1 (8 oz.) pkg. cream cheese

Combine thoroughly, crumbs and melted oleo with 2 tablespoons sugar. Press mixture into well greased 9x9 inch pan. Beat egg yolks until thick; add cream cheese, sugar and salt. Beat until smooth and light. Beat egg whites until stiff peaks form. Whip cream until stiff and fold in egg whites into cheese mixture. In blender, crush raspberries to a pulp. Pour cheese mixture in pan. Swirl fruit in cheese mixture; freeze. Makes 6 to 9 servings.

PRETZEL DESSERT

3 Tbsp. sugar
2 c. crushed pretzels

$\frac{3}{4}$ stick melted oleo

Spread in pan and bake at 350° for 15 minutes; cool.

$\frac{1}{2}$ c. powdered sugar
1 (8 oz.) pkg. cream cheese
2 c. Cool Whip
1 pt. frozen raspberries

2 c. miniature marshmallows
 $2\frac{1}{2}$ c. boiling water
1 (6 oz.) pkg. raspberry Jell-O

Mix cream cheese and powdered sugar; fold in Cool Whip, then marshmallows. Spread over cooked pretzel layer. Refrigerate. Dissolve Jell-O in water; chill and stir in raspberries. When slightly thickened, pour over cream cheese layer.

STRAWBERRY PRETZEL DESSERT

2 c. crushed pretzels
 $\frac{1}{2}$ c. sugar
 $\frac{3}{4}$ c. chopped nuts
8 oz. cream cheese, softened
2 (10 oz.) boxes frozen strawberries

1 scant c. sugar
1 (9 oz.) tub Cool Whip
6 oz. strawberry jello
2 c. boiling water
 $\frac{3}{4}$ c. margarine

Mix pretzels, $\frac{1}{2}$ cup sugar, margarine, and nuts. Press lightly into a greased 9x13 inch pan. Bake 10 minutes in a 350° oven; cool. Combine cream cheese, scant 1 cup sugar and whipped topping. Spread on top of first layer. Dissolve jello in boiling water; add frozen strawberries. When 75% congealed, put on top of cream cheese layer. Refrigerate several hours before serving. Different fruits and jello flavors may be used.

Lori Cox

FROZEN STRAWBERRY DESSERT

1 c. flour
 $\frac{1}{4}$ c. brown sugar
 $\frac{1}{2}$ c. margarine
 $\frac{1}{2}$ c. chopped walnuts
2 egg whites

$\frac{2}{3}$ c. sugar
10 oz. partially thawed strawberries
12 oz. Cool Whip

Mix flour, brown sugar, margarine, and walnuts. Bake at 375° for 20 minutes. Stir while baking. Press $\frac{2}{3}$ of crumbs in 9x13 inch pan and refrigerate.

Mix egg whites, sugar and strawberries. Whip about 10 minutes or until stiff; add Cool Whip. Pour over crust - sprinkle on remaining crumbs and freeze.

Alyssa Koinzan

CHOCOLATE ECLAIR DESSERT

- | | |
|--|--------------------------|
| 1 (1 lb.) box graham crackers | 3½ c. milk |
| 2 small boxes French vanilla pudding (instant) | 1 (9 oz.) ctn. Cool Whip |

Grease a 9x13 inch dish; line with graham crackers. (Place whole crackers on bottom of dish.) Mix pudding with milk; beat 2 minutes. Blend in Cool Whip with pudding. Pour $\frac{1}{2}$ mixture onto graham crackers. Place second layer of whole graham crackers over pudding. Pour remaining pudding over crackers; cover with another layer of graham crackers. Refrigerate.

Frosting:

- | | |
|--|-------------------------|
| 2 pkg. Choco-bake presoftened chocolate, unsweetened | 3 Tbsp. softened butter |
| 2 tsp. white Karo syrup | 3 Tbsp. milk |
| 2 tsp. vanilla | 1½ c. powdered sugar |

Beat all ingredients of frosting till smooth and pour over dessert. Refrigerate 24 hours. (This may be made ahead and frozen.)

Ann Gee

CHOCOLATE ECLAIR DESSERT

- | | |
|---|-----------------------|
| 2 (3 oz.) boxes vanilla instant pudding mix | 9 oz. whipped topping |
| 3 c. milk | 1 box graham crackers |

Mix pudding and milk; beat in whipped topping. Place layer of graham crackers (not crumbs) in bottom of 9x13 inch pan. Break or cut sections to fit. Pour $\frac{1}{2}$ of pudding mix over crackers; place a layer of crackers over pudding mix. Pour rest of pudding mix over crackers. Cover with third layer of crackers. Prepare frosting; pour over graham crackers. Refrigerate and eat!

Frosting:

- | | |
|------------|----------------|
| 1 c. sugar | Pinch of salt |
| ¼ c. milk | ¼ c. butter |
| ⅓ c. cocoa | 1 tsp. vanilla |

Combine sugar, milk, cocoa, and salt; cook 1 minute. Add butter and vanilla. Beat for a few minutes. Cool slightly. Pour over cracker-pudding mixture. Refrigerate before serving. Makes 12 to 15 servings.

Val Hederstedt

CHOCOLATE PUDDING DESSERT

2 sticks butter, melted	1 c. powdered sugar
2 c. flour	1 (8 oz.) container Cool Whip
1 c. chopped pecans	1 box vanilla cooked pudding
8 oz. Philadelphia cream cheese	1 box instant chocolate pudding

First layer: Pour melted butter over flour and nuts and mix together. Press on bottom of 14x10 inch baking pan. Bake at 315° for 20 minutes. Remove and let cool.

Second layer: Cream together 8 ounces cream cheese, powdered sugar and 2 cups of Cool Whip; spread over the first layer.

Third layer: Mix together vanilla pudding and chocolate pudding and spread over second layer. Spread remaining Cool Whip over third layer. Refrigerate overnight. *Before eating, remove all calories!!!! HA HA HA.*

Lisa Willis

PUDDING DESSERT

1½ c. flour	1 c. powdered sugar
¾ c. softened margarine (1½ sticks)	1 (9 oz.) ctn. Cool Whip
¾ c. chopped nuts	1 tsp. vanilla
1 (8 oz.) pkg. cream cheese	2 pkg. instant pudding mixes

Mix flour, oleo and nuts together, then pat into bottom of pan. Bake at 350° for 15 minutes. Let cool. Mix cream cheese, powdered sugar and Cool Whip; spread over cooled crust.

Beat instant pudding mixes according to their package. Make thick; spread this mixture over second layer in pan. Spread remaining Cool Whip over pudding mixture and chill at least 1 hour.

Shelley Sporn

BREAD PUDDING

2 c. bread cubes	3 Tbsp. butter
2 c. milk	1 tsp. vanilla
¼ c. sugar	½ tsp. cinnamon
2 eggs	¼ tsp. nutmeg
½ tsp. salt	

Use bread a day old; cut into cubes ¼ inch square. Place cubes of bread in a buttered baking dish. Scald milk and add butter and sugar. Beat eggs slightly; add salt and vanilla. Pour scalded milk over beaten eggs and mix thoroughly. Pour mixture over bread cubes and blend together. Set baking dish in a pan of hot water. Bake at 350° for about 1 hour or until a knife comes out clean when inserted in center. Makes 6 servings.

Marilyn Hevener

COCONUT PUDDING

1/2 pkg. coconut
1 1/2 c. sugar
6 Tbsp. flour
Dash of salt

4 c. milk (may use 2%)
4 egg yolks
1 1/2 tsp. vanilla
1/2 stick butter

Mix the first 4 ingredients over low heat; slowly add milk. Cook until the mixture starts to thicken. Add the egg yolks, vanilla and butter.

Elsie Wickliffe

DATE PUDDING

1 c. brown sugar
1 tsp. butter
1 c. flour
1 tsp. baking powder

1/8 tsp. salt
1/2 c. chopped dates
1/2 c. nuts
1/2 c. milk

Mix all ingredients together and pour into 8x11 inch greased cake pan.

Cover with following mixture:

1 c. brown sugar
1 tsp. butter

1 1/2 c. boiling water
1 tsp. vanilla

Bake at 350°F. for 35 to 40 minutes.

Joyce Fast

CHEESE CAKE

Crust:

1 box vanilla wafers, crumbs

1 stick butter (margarine), melted

Mix and press in 10x13 inch cake pan or springform pan.

Filling:

3 (16 oz.) pkg. cream cheese (can use lite)

1/2 tsp. vanilla
3 eggs

1 c. sugar

Mix this and spoon into crust. Bake this for 20 minutes exactly at 350°. Remove and turn oven to 500°.

Topping - Mix:

2 ctn. sour cream
2 Tbsp. sugar

1/4 tsp. vanilla

Pour this over filling. Bake at 500° for exactly 5 minutes. Remove and refrigerate at least 5 hours. Add any fruit topping if desired.

For chocolate cheese cake, add 3/4 cup melted chocolate to filling recipe before baking.

Val Hederstedt

EIGHT MINUTE CHEESE CAKE

1 (8 oz.) pkg. cream cheese
1/3 c. sugar
1 c. sour cream
2 tsp. vanilla

1 (8 oz.) container Cool Whip
topping
1 graham cracker crust
Fresh strawberries (to top)

Beat cream cheese until smooth; gradually beat in sugar. Blend in sour cream and vanilla; fold in Cool Whip topping. Blend well; spoon into crust. Chill until set. At least 4 hours.

Amy Babb

MINI CHEESECAKES

12 vanilla wafers
2 (8 oz.) pkg. cream cheese,
softened

1/2 c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners. Place 1 vanilla wafer in each liner. Mix cream cheese, vanilla and sugar on medium speed until well blended; add eggs. Mix well. Pour over wafers, filling 3/4 full. Bake 25 minutes at 325°. Remove from pan when cool; chill. Top with fruit, preserves, nuts, or chocolate.

Lori Cox

CHERRY CHEESECAKE

1 graham cracker crust, baked
and cooled
1 (8 oz.) pkg. cream cheese,
softened
1/3 c. sugar

1 c. sour cream
2 tsp. vanilla
1 (8 oz.) container Cool Whip
1 can cherry pie filling

Beat cream cheese till smooth; blend in sugar gradually. Add sour cream, Cool Whip, vanilla, and fold. Pour into crust and add cherry pie filling. Use large pie plate. Makes 8 servings.

CHERRY TOPPED CHEESECAKE

1 pkg. yellow cake mix
2 Tbsp. oil
2 (8 oz.) pkg. cream cheese
1/2 c. sugar
4 eggs

1 1/2 c. milk
3 Tbsp. lemon juice
1 Tbsp. vanilla
1 can cherry pie filling

Reserve 1 cup dry cake mix. In large bowl, combine remaining cake mix, 1 egg and oil. Press into bottom and sides of greased 13x9x2 inch pan. In bowl, blend cream cheese and sugar. Add 3 eggs and reserved cake mix; beat 1 minute at medium speed. At low speed, slowly add milk and flavorings; mix until smooth. Pour into crust. Bake at 350° for 45 to 55 minutes until center is firm. When cool, top with pie filling; chill before serving.

Karen Williams

NO-BAKE LIME CHEESECAKE

- | | |
|--|--|
| 1 (11 oz.) pkg. coconut macaroons, broken up | 2 tsp. grated lime peel |
| 3 Tbsp. butter or margarine | ½ c. lime juice |
| 1 env. unflavored gelatin | 16 oz. cream cheese, at room temperature |
| ½ c. granulated sugar | ½ c. powdered sugar |
| 4 eggs, separated | 1 c. heavy cream, whipped |
| 2 Tbsp. water | Lime slices (for garnish, optional) |

Crumble macaroons. Melt butter and stir in crumbs; stir over medium heat until lightly toasted. Cool slightly. Press half the mixture onto bottom of greased 8 or 9 inch springform pan; chill. Mix gelatin with granulated sugar in heavy saucepan or top of double boiler. Beat egg yolks with water; blend into gelatin mixture. Stir over low heat 5 minutes or until gelatin is completely dissolved.

Remove from heat; stir in lime peel and juice. Cool slightly. In large bowl, beat cream cheese until smooth and fluffy; gradually beat in gelatin mixture until well blended. In medium bowl, beat egg whites just until soft peaks form; gradually beat in powdered sugar until stiff peaks form. Fold egg whites into cream cheese mixture. Set aside ½ cup whipped cream for garnish; fold remaining whipped cream into cream cheese mixture, blending thoroughly.

Pour half the filling into prepared pan; sprinkle evenly with all but 2 tablespoons remaining crumbs. Pour remaining filling on top; sprinkle with remaining 2 tablespoons crumbs. Cover; chill overnight. Dip thin knife in hot water and run around edges of cake to loosen from pan. Remove sides of pan; garnish with reserved whipped cream and the lime slices. Keep chilled until serving time. Makes 10 servings.

HOMEMADE ICE CREAM

- | | |
|-----------------------------------|------------------|
| 6 eggs | ½ tsp. salt |
| 2 cans Eagle Brand condensed milk | 2 Tbsp. flour |
| 1¼ c. sugar | Vanilla to taste |
| | Milk |

Beat eggs well. Combine sugar, flour and salt and then add to eggs; add Eagle Brand milk. Mix. Pour into ice cream freezer and fill remainder with milk. Add vanilla to taste (about 4 tablespoons) and stir. Now you are ready to freeze the ice cream.

Carla Jackson

ICE CREAM

- | | |
|--------------|-----------------------------|
| Dash of salt | 4 eggs, beaten |
| 2 c. milk | 2 c. cream (or Coffee-mate) |
| 2 c. sugar | 2 Tbsp. vanilla |

Heat together salt, milk and sugar. Pour heated milk over eggs, stirring constantly. Pour this in freezer can; add 2 cups cream and the vanilla. Finish filling the can with milk to line.

Denise Ertl

STRAWBERRY ICE CREAM

- | | |
|-------------|---------------------------------|
| 4 eggs | 4 c. strawberries, mashed (or 2 |
| 1 c. milk | large containers of thawed |
| 4 c. cream | frozen strawberries) |
| ½ tsp. salt | 1 tsp. vanilla |
| 1¾ c. sugar | |

Add sugar gradually to beaten eggs. Continue to beat until mixture is very stiff. Add remaining ingredients and mix thoroughly. Pour into gallon freezer and freeze as directed. No cooking involved!

You may substitute peaches (mashed) for strawberries. *Excellent peach ice cream!*

Sharon DeShazer

FRUIT SHERBET

- | | |
|---------------------------------|---------------------------------|
| 1 can mandarin oranges, drained | 1 (8 oz.) container Cool Whip |
| 1 can pears, drained | 1 large can frozen orange juice |

Combine all ingredients well in blender. Put in plastic container; freeze until firm. Can substitute any fruits for the oranges and pears (bananas, peaches, apples, or strawberries). Makes a full blender, almost one half gallon.

Lori Cox

DIRT

- | | |
|-------------------------------|-----------------------------------|
| 1 (8 inch) plastic flower pot | 1 (16 oz.) ctn. non-dairy whipped |
| 1 garden trowel | topping |
| 1 batch silk flowers | ½ c. margarine, softened |
| 1 bag (any size) gummi worms | 1 c. powdered sugar |
| (optional) | 3 (3½ oz.) boxes instant French |
| 2 (16 oz.) bags Oreo cookies, | vanilla pudding |
| crushed | 4 c. milk |
| 2 (8 oz.) pkg. cream cheese, | |
| softened | |

Mix pudding and milk until thick; add cream cheese, whipped topping, margarine, powdered sugar, and mix well. Place a layer of cookie in the flower pot. Alternate pudding mixture and cookies, ending with cookies on top. Gummi worms may be placed in the pudding layers. Keep refrigerated until time to serve. Place silk flowers and garden trowel in the top. Makes 15 to 20 servings.

Cindy Jones

MERRY MOCHA DESSERT

Crust:

2 c. crushed cream-filled
chocolate sandwich cookies

1/4 c. margarine, softened

Lightly grease a 13x9 inch pan. In small bowl, combine crust ingredients; mix well. Press mixture evenly in bottom of prepared pan; refrigerate.

Filling:

2 (8 oz.) pkg. cream cheese,
softened
1 (7 oz.) jar (2 c.) marshmallow
cream

3 Tbsp. creme de cacao liqueur

3 Tbsp. coffee flavored liqueur
2 c. whipping cream, whipped
1/4 c. chocolate flavored syrup
1/4 c. chopped pecans

In large bowl, beat cream cheese until light and fluffy. Add marshmallow creme; continue beating until smooth. Add liqueurs; mix gently to blend. Fold whipped cream into marshmallow mixture. Spoon filling evenly over crust. Drizzle chocolate syrup over filling; swirl with spoon. Sprinkle with pecans. Refrigerate until firm, about 4 hours. Makes 20 servings.

Debbie Cowl

OREO DESSERT

1 pkg. Oreos
1/4 c. butter
2 pkg. instant vanilla pudding

1 large ctn. Cool Whip
8 oz. cream cheese
3 c. milk

Crush Oreos. Save approximately 1/2 to 1 cup for top of dessert. Add butter to the rest of the Oreo mixture; spread into 9x13 inch pan. Mix milk, cheese and pudding. Place on top of Oreo mixture. Top with Cool Whip and then sprinkle crumbs on top.

Travis Marker

OREO COOKIE DESSERT

Soak 1 package gelatin in 1/2 cup cold water. Cook the following mixture until it coats the spoon.

3 egg yolks, slightly beaten
1 c. sugar
1 tsp. vanilla

1 c. milk
1/4 tsp. salt

Add soaked gelatin and cool completely. Add 1 cup whipped cream and 3 egg whites, stiffly beaten. Roll out 40 Oreo cookies and add 1/2 cup butter. Line 9x13 inch cake with crumbs and add custard. Sprinkle top with 2/3 cup of cookie crumbs; refrigerate.

FRUIT PIZZA

- | | |
|--|--------------------|
| 1 (18 oz.) sugar cookie refrigerated dough | 1 pt. strawberries |
| 8 oz. cream cheese | 2 bananas |
| 4 oz. frozen whipped topping | Peaches |
| | Pineapple |

Slice cookie dough and arrange on slightly greased pizza pan. Press seams together so you have 1 big cookie. Bake 10 to 12 minutes. Blend cream cheese with whipped topping; spread on cooled cookie. Arrange strawberries, bananas, peaches, and pineapple on topping.

Carol Berger

ORANGE SAUCE

- | | |
|---------------------|----------------------|
| 1/2 c. sugar | 1/2 c. water |
| 1 Tbsp. cornstarch | 2 Tbsp. lemon juice |
| Dash of salt | 1/2 tsp. orange peel |
| 1/2 c. orange juice | |

Mix sugar, cornstarch and salt. Slowly add orange juice, water and lemon juice. Bring to a boil and boil for 1 minute; add orange peel. Cool and spoon over Fruit Pizza.

Carol Berger

FRUIT PIZZA

- | | |
|------------------------------|-------------------------------|
| Sugar cookie dough | 1 small jar marshmallow cream |
| 8 oz. cream cheese, softened | |

Press desired amount of your favorite sugar cookie dough into a pizza pan. Cook at 375° for 8 to 10 minutes. While crust is cooking, mix cream cheese and marshmallow cream together and refrigerate. Let crust cool. When crust has cooled, spread cream cheese mixture on top. Garnish with your favorite fruits. I use strawberries, bananas, blueberries, cantaloup, pineapple, apples, peaches, and oranges. Refrigerate until ready to serve.

Carla Jackson

FRUIT PIZZA

- | | |
|------------------|----------------------|
| 1 c. brown sugar | 2 tsp. baking powder |
| 1 c. white sugar | 1 tsp. baking soda |
| 1/2 c. margarine | 2 tsp. vinegar |
| 1 c. shortening | 1 tsp. vanilla |
| 3 eggs | 4 c. flour |

Mix and pat into 2 pizza pans and bake at 350° for 12 minutes or till golden brown; cool.

Blend together:

- | | |
|-----------------------------|------------------|
| 1 (8 oz.) pkg. cream cheese | 1/2 tsp. vanilla |
| 1/2 c. sugar | |

Spread on cooled crust. Add a variety of fresh or canned fruit and arrange on top of crust. Top with glaze which consists of $\frac{1}{4}$ cup orange marmalade and 2 teaspoons water.

Lisa Rexroad

JIMMY CARTER DESSERT

Mix together:

$\frac{2}{3}$ c. dry roasted peanuts, chopped fine	1 c. flour 1 stick margarine
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Press in 9x13 inch pan. Bake at 350° for 20 minutes; cool completely.

Cream together:

$\frac{1}{3}$ c. peanut butter 1 (8 oz.) pkg. cream cheese	1 c. powdered sugar 1 c. Cool Whip
---	---------------------------------------

Pour over cooled crust in pan.

Mix together:

1 pkg. instant vanilla pudding 1 pkg. instant chocolate pudding	$3\frac{3}{4}$ c. milk
--	------------------------

Beat until thick, then spread over the preceding layer; top with Cool Whip. Grate a 4 ounce Hershey's bar and sprinkle over Cool Whip. Top with finely chopped peanuts; chill. Best when made the day before serving.

Donna Callahan

OST KAKA (Swedish dessert)

$\frac{3}{4}$ rennet tablet (found in drugstore) 1 Tbsp. lukewarm water	1 gal. whole fresh milk 1 c. sifted flour
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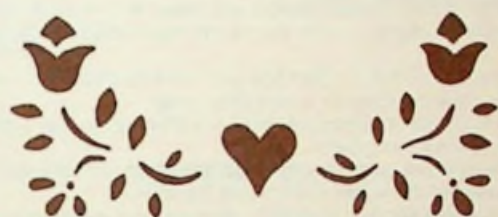
Put $\frac{3}{4}$ rennet tablet to soak in 1 tablespoon lukewarm water. Set this to one side. Heat until lukewarm, 1 gallon whole fresh milk. Take 1 cup sifted flour - add enough milk to this, as for gravy. Add this flour mixture to the milk, then add the rennet and stir. Cover this with a lid or cloth until it curdles - about 10 or 15 minutes, then skim off the whey.

Mix:

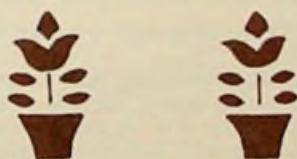
1 pt. cream 3 well beaten eggs 2 tsp. vanilla or mashed cardamom seed to taste	$1\frac{1}{4}$ c. sugar Pinch of salt
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Add to curds and mix. Bake in slow oven, as a custard, at 325° to 350° about 2 hours. Serve with grape or lingonberry "Krem" and topped with whipped cream.

Notes



Beverages,
Microwave,
Miscellaneous



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BEVERAGES, MICROWAVE, MISCELLANEOUS

ALMOND TEA

9 c.. boiling water
1 c.. sugar
 $\frac{2}{3}$ c. lemon juice

1 $\frac{1}{4}$ tsp. almond
1 $\frac{1}{4}$ tsp. vanilla
1 Tbsp. instant tea

Put in crock pot.

Lori Cox

SPICED TEA MIX

$\frac{3}{4}$ c. instant tea
2 c. Tang
1 large pkg. sweetened lemonade
mix

1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg

Mix together. Use 2 tablespoons per cup; add hot water.

Denise Ertl

SPICE TEA

1 (1 lb. 2 oz.) jar Tang
1 c. instant tea
1 c. sugar

1 tsp. cinnamon
1 tsp. cloves
2 pkg. lemonade Kool-Aid

Sift together to mix well. Use 2 tablespoons to a cup of hot water. Makes 4 quarts.

Lori Cox

HOT CHOCOLATE MIX

1 (1 lb.) box Nestle Quik
1 lb. powdered sugar
1 (8 qt.) box powdered milk

1 (6 to 8 oz.) jar powdered creamer
1 bag mini marshmallows

Mix together in a 5 quart container. Use $\frac{1}{3}$ cup mix to 1 cup hot water.

Lori Cox

COCOA MIX

8 qt. powdered milk
1 can Nestle Quik

8 oz. Coffee-mate
2 c. powdered sugar

Mix together.

Dee Kness

SWEETENED CONDENSED MILK

1 c. instant dry milk
2/3 c. sugar

1/3 c. boiling water
3 Tbsp. melted oleo

Combine all ingredients in blender; process until smooth. Store in refrigerator until ready to use. Yield: 1 1/4 cups. Same as a can of Eagle Brand milk.

Karen Williams

HOLIDAY PUNCH

1 pkg. strawberry Kool-Aid
1 c. sugar
1 qt. water
6 oz. frozen orange juice

6 oz. frozen lemonade
46 oz. pineapple juice
1 qt. ginger ale

Just mix all ingredients all at once in a punch bowl. Makes about 12 regular serving sizes.

Lisa Willis

PUNCH

1 pkg. cherry Kool-Aid
1 pkg. strawberry Kool-Aid
2 c. sugar
1 small can lemonade

1 small can orange juice
3 qt. water
1 qt. ginger ale

Mix ingredients together, adding ginger ale right before serving.

Alyssa Koinzan

CREAMY PUNCH

4 pt. lime or raspberry sherbet
12 (7 oz.) bottles 7-Up or about
1 1/4 2 liter bottles

Spoon 3 pints sherbet in punch bowl; soften 5 minutes. Pour chilled 7-Up over sherbet. Take remaining sherbet and scoop spoonfuls on top. Makes 36 cups.

Jo Horn

PUNCH

2 (6 oz.) cans frozen limeade
1 (6 oz.) can frozen lemonade

1 (6 oz.) can orange juice
7-Up

Mix together all, but 7-Up, and add 4 cups of water; chill. Add 4 cups of 7-Up. Put in punch bowl with ice ring.

Add rum to taste if desired.

Amy Babb

FROSTY GOLDEN PUNCH

- | | |
|---|-----------------------------------|
| 1 (6 oz.) can frozen lemonade | 1 (12 oz.) can apricot nectar |
| 1 (6 oz.) can frozen orange juice | 1/2 c. lemon juice |
| 1 (6 oz.) can pineapple juice (fresh or frozen) | 1 qt. lemon sherbet |
| | 2 qt. bottles ginger ale, chilled |

Add water to juices according to directions on cans. Add apricot nectar and lemon juice. Just before serving, spoon in sherbet and pour ginger ale carefully and slowly down side of bowl to preserve carbonation. Serves 20 to 25, one serving.

Karen Williams

YELLOW PUNCH

- | | |
|-------------------------------------|--------------------------|
| 5 ripe bananas, pureed | 6 c. water |
| 2 (12 oz.) cans frozen orange juice | 3 (2 liter) bottles 7-Up |
| 1 (46 oz.) can pineapple juice | 1 qt. pineapple sherbet |
| 4 c. sugar | |

Mix pureed bananas, orange juice, pineapple juice, sugar, and water; chill. At serving time, add 7-Up and softened sherbet.

WEDDING PUNCH

- | | |
|----------------------|----------------------------------|
| 2 c. strong tea | 2 cans pineapple juice |
| 2 cans lemon juice | 1 can grapefruit juice |
| 3 cans orange juice | 4 c. sugar which has been heated |
| 2 cans apricot juice | in 2 c. water |

This recipe serves 150. Add 2 bottles carbonated water and 4 quarts water.

FROZEN SLUSH

- | | |
|------------------------------------|-------------------------------------|
| 1 (16 oz.) can frozen lemonade | 1 (10 oz.) bottle 7-Up |
| 1 (16 oz.) can frozen orange juice | 2 bananas, diced |
| 1/4 c. sugar | 1 (10 oz.) pkg. frozen strawberries |
| 1 (20 oz.) can crushed pineapple | |

Combine all ingredients and freeze. May be served as a refreshing dessert.

FRUIT SLUSH

- | | |
|---------------------|---------------------------------|
| 4 ripe bananas | 1 large can pineapple juice |
| 1 c. sugar | 1 small can frozen orange juice |
| 3 1/4 c. water | 1 small can frozen lemonade |
| 1 pkg. red Kool-Aid | 3 bottles ginger ale, chilled |

Mix and freeze everything, but ginger ale. Remove from freezer 2 hours before serving to soften. Pour ginger ale over mixture; stir and serve.

Karen Williams

GRAPEFRUIT SLUSH

- | | |
|--|--------------------|
| 2 c. sugar | 1/2 c. lemon juice |
| 4 c. water | |
| 1 (15 oz.) can grapefruit sections,
chopped | |

Boil sugar and water together 10 minutes. Mix in grapefruit sections and lemon juice. Freeze in refrigerator freezer. Before serving, beat mixture with electric mixer. Set back in freezer until serving time. Serve in sherbet cups.

Mrs. Stanley C. Smith (Pat)

WASSAIL

- | | |
|---------------------------|-----------------------------------|
| 6 c. apple cider or juice | 3 Tbsp. lemon juice |
| 1 cinnamon stick | 1 tsp. lemon rind |
| 1/2 tsp. nutmeg | 1 can unsweetened pineapple juice |
| 1/4 c. honey | |

Stick in large pan, bring to boil and simmer, uncovered.

For decoration: Heat oven to 325°. Stick whole cloves in oranges, 1/2 inch apart. Place in baking dish with little water - just enough to cover bottom of pan. Bake 30 minutes. Float oranges on top of wassail in punch bowl.

PEACH FUZZ

- | | |
|--|-----------------------|
| 1 (6 oz.) can frozen lemonade | Ice (to fill blender) |
| 1 (6 oz.) can water | |
| 1 fresh peach (unpeeled),
quartered | |

Pour all ingredients into blender container; blend on high speed until ice is all crushed.

PEACH SMOOTHIE

- | | |
|--|--------------------------------|
| 3 unpeeled fresh peaches, pitted
and coarsely chopped | 2 tsp. lemon juice |
| 1/2 c. milk | 1 to 2 tsp. honey |
| 1 1/4 c. orange juice | 1 medium banana, cut in chunks |
| | 1/4 tsp. vanilla |

In a blender or food processor, combine all ingredients; blend until very smooth. Refrigerate until cold (or freeze). Shake well before pouring into chilled glasses to serve. Serves 4 to 5.

POWER SHAKE

3 to 4 egg whites

1 banana

1/4 c. milk

1 Tbsp. wheat germ

1/4 to 3/4 c. peanut butter

1 c. ice

Raisins (optional)

Granola (optional)

Mix first 5 ingredients in blender until well mixed, then blend in ice. Freeze until icy; stir and serve.

For thicker shake, reduce or omit milk. To cut down on fat, use 100% real peanut butter (can be found at nearest GNC store).

Angie Heintzman

LOWFAT CHOCOLATE SHAKE

2 tsp. cocoa

3 packets Equal

3 ice cubes

1/2 c. skim milk

1/2 tsp. vanilla

In blender, combine all ingredients at high speed till smooth. Serve immediately. Makes 1 serving; 55 calories.

Note: This can be frozen and eaten as a slush.

Lori Cox

MEXICAN FUDGE

1 lb. Mozzarella cheese, grated

1 lb. Cheddar cheese, grated

6 eggs, beaten

1 c. picante sauce

Layer cheese in 9x13 inch pan. Pour picante sauce over cheeses. Beat eggs well and pour over cheeses and picante sauce. Bake at 350° for 45 minutes. Cool and cut into squares. Can be eaten alone or on crackers or tortilla chips.

Lori Cox

SPICY CREAM CHEESE ROLL-UPS

10 flour tortillas

2 (8 oz.) pkg. cream cheese

1 bunch green onions, diced

1/4 c. hot Pace picante sauce

Mix the cream cheese with the onions and picante sauce. Spread onto individual tortillas and roll tightly. Do this with all 10 and then chill as is for 15 minutes. Remove from refrigerator and slice into 1/4 inch slices. Arrange attractively on serving plate and serve with picante sauce.

Wade Skinner

MUSHROOM CANAPES

½ lb. fresh mushrooms (or 8 oz. can)
1 or 2 green onions
Garlic salt
1 small pkg. cream cheese
1 egg yolk

1 Tbsp. mayonnaise (Miracle Whip)
2 drops of Worcestershire sauce
French rolls or small sizes loaf bread

Saute in butter, chopped mushrooms, onions and a dash of garlic salt. Cream together cheese, yolk, mayonnaise, and Worcestershire sauce. Combine all ingredients.

Thinly slice French rolls or other small sized loaf bread. Toast about 20 or 30 in the oven on broil. When light brown, spread the cream cheese mixture on the toasted side and return them to the oven until lightly browned on top.

Val Vonderheide

WATER CHESTNUTS HORS D'OEUVRES

1 can water chestnuts (whole)
1 lb. bacon

1 c. ketchup
¾ c. brown sugar

Cut chestnuts in halves or thirds, depending on size. Wrap each in approximately ⅓ of a strip of bacon. (The colder the bacon, the easier it is to work with.) After wrapping, pierce with a flat toothpick. Place on broiler pan and bake at 425° for 10 minutes. This gets rid of a lot of excess grease.

Mix ketchup and brown sugar in a baking dish. Place chestnuts in dish, trying to coat with sauce and not get too much on toothpicks. Bake again at 325° for 20 to 25 minutes.

Debbie Cowl

SHRIMP MOLD

1 can cream of mushroom soup
1 Tbsp. gelatine (unflavored Knox)
1 (8 oz.) cream cheese
½ c. finely chopped celery

Onion flakes
1 can shrimp, drained
1 c. mayonnaise

Heat mushroom soup; add 1 tablespoon gelatine (softened in 3 tablespoons water). Add softened cream cheese. Mix and add chopped celery, onion flakes, 1 cup mayonnaise, and drained shrimp. Pour into a Pam sprayed mold or form into a ball. Refrigerate to set. Serve with crackers.

Jeanne Inskeep

FRENCH DRESSING

3/4 c. sugar	1/2 tsp. garlic salt
3/4 c. salad oil	1/2 tsp. celery seed (optional)
1/2 c. vinegar	1 Tbsp. mustard
1/4 tsp. pepper	1 can tomato soup
1 tsp. onion salt	

Combine all ingredients in bowl and mix with electric mixer until all ingredients are well blended.

Alyssa Koinzan

BLUE CHEESE DRESSING

Mix well:

1/4 c. Wesson oil	2 pkg. Blue cheese
Juice from 1/2 lemon	

Add in this order and stir after each:

4 1/2 shakes of garlic powder	1 pt. mayonnaise
1/2 c. Carnation milk or Milnot	

Thickness depends on amount of Milnot added. (I usually just stir in 1/2 of the cheese, then when all mixed, I crumble the other 1/2 in and stir lightly.) This dressing keeps well.

Lois Veatch

JOHN'S T-BONE SAUCE

6 1/2 lb. tomatoes (10 c. blended with skins)	5 tsp. pickling salt
8 or 10 jalapeno peppers, blended with tomatoes	1 1/2 c. sugar
1 c. chopped onion	2 c. cider vinegar
1 tsp. Tabasco sauce	2 tsp. ginger
1/2 tsp. curry powder	1 tsp. cinnamon
	1 tsp. ground mustard

Let simmer until thickened, stirring occasionally. Sauce can be frozen for later use.

Karen Henson

SOYA SAUCE FOR GRILLED CHICKEN

1 c. soy sauce	1 Tbsp. sherry
1 clove garlic	1/2 tsp. ground ginger
1 tsp. minced onion	1/4 c. brown sugar
2 Tbsp. fresh lemon juice	

Refrigerate combined ingredients for at least 6 hours, overnight is better. One hour before cooking, add chicken to sauce. Grill on hot coals.

Jeanne Inskeep

QUICK AND EASY SPAGHETTI SAUCE

Whole, peeled tomatoes
Tomato sauce
Tomato paste
1 lb. Italian sausage

1/2 medium onion
2 bay leaves
4 Tbsp. Italian seasoning
Salt and pepper

First you fry the sausage and onion in an 8 to 10 quart saucepan. When this is done, drain the grease and add the tomato products. Stir and mix until blended well. Add the dry seasonings and mix until blended. Heat thoroughly on low for at least 20 minutes, uncovered.

Wade Skinner

SWEET 'N SOUR SAUCE

3/4 c. apricot preserves
1/2 c. Hellmann's real mayonnaise
1/2 c. catsup

1/4 c. soy sauce
1 tsp. ground ginger

Mix together. Brush on meats while baking.

Donna Callahan

MUSTARD SAUCE

1 c. Coleman's dry mustard (must
be Coleman's)
1 c. vinegar

1 c. sugar
2 eggs, beaten

Mix dry mustard, vinegar and sugar; let stand overnight. Put in top of double boiler and add the 2 beaten eggs. Cook 10 minutes or until thick like custard. Store in refrigerator.

Terry Edwards

ZESTY BAR-B-Q SAUCE

1/2 c. catsup
1/4 c. vinegar
2 Tbsp. chopped onions
1 Tbsp. Worcestershire sauce

2 Tbsp. brown sugar
1/4 Tbsp. mustard
Sprinkling of garlic

Mix all ingredients together. Coat meat with sauce and barbecue.

Marilyn Hevener

YUMMY CHOCOLATE SAUCE

3 sq. unsweetened chocolate
2 c. sugar
1 c. boiling water

1/4 c. white Karo syrup
2 Tbsp. butter

Melt chocolate in double boiler; add sugar, water and Karo. Put on direct heat to cook. Boil for 3 minutes (or a little longer) after it starts to boil. Remove from heat, and drop in cube of butter. Let cool completely, then add the vanilla and stir.

Note: We like this sauce "grainy," so I do not stir that much during the boiling. If you like a smoother sauce, stir constantly while cooking.

Terry Edwards

HOT FUDGE SAUCE

3 sq. unsweetened chocolate
1/4 c. butter
2 c. powdered sugar

Dash of salt
3/4 c. evaporated milk
1/2 tsp. vanilla

In heavy saucepan, combine chocolate, butter, sugar, salt, and milk. Cook over medium heat, stirring constantly, until mixture boils and chocolate melts. Reduce heat to low and continue cooking, stirring occasionally, for 5 minutes. Add vanilla just before finishing. Can be stored and reheated over hot water.

Denise Ertl

VEGETABLE PIZZA

2 cans crescent rolls
2 (8 oz.) cream cheese

1/2 c. mayonnaise
1 pkg. original Ranch dip

Cheeses:

Cheddar
Colby

Mozzarella
Swiss

Vegetables:

Carrots
Green peppers
Onion
Broccoli

Cauliflower
Mushrooms
Olives
Tomatoes

Spread crescent rolls onto 9x13 inch cookie sheet. Bake as directed on package; cool crust. Mix softened cream cheese, mayonnaise and dip; spread on crust. Add vegetables and cheeses as preferred.

Cindy Ballard

VEGETABLE PIZZA

2 pkg. crescent rolls
1 small pkg. Hidden Valley mix
3/4 c. Miracle Whip
3/4 c. raw vegetables (cauliflower,
carrots, olives, mushrooms,

broccoli, green peppers, green
onions, shredded Cheddar
cheese)
2 (8 oz.) cream cheese

Cover bottom of cookie sheet with sheets of crescent roll dough, patting and stretching. Bake for 10 minutes at 350°. In mixing bowl, combine cream cheese, Hidden Valley mix and Miracle Whip; spread over cool crust. Distribute the raw vegetables evenly over mixture. Refrigerate, covered, with plastic wrap for 3 to 4 hours. Cut into bars and serve.

Sharon DeShazer

TACO CHEESE LOG

- | | |
|--------------------------------------|---------------------------|
| 1 can bean with bacon soup | ½ c. finely chopped onion |
| 4 c. (1 lb.) shredded Cheddar cheese | ½ c. picante sauce |

In large bowl, beat ingredients with electric mixer until smooth; chill. On waxed paper, shape mixture into 2 logs (8 x 1½ inch each). Roll in chopped parsley (optional); refrigerate.

Julie Smith

CHEESE BALLS

- | | |
|--|------------------------------|
| 3 (8 oz.) pkg. Philadelphia cream cheese | 2 Tbsp. grated onions |
| 2 (5 oz.) jars Old English sharp cheese | 1 Tbsp. Worcestershire sauce |
| 1 (5 oz.) jar Roka Blue cheese | 2 Tbsp. dry parsley |
| | 1 c. finely chopped pecans |

Mix well. Cheeses must be at room temperature before mixing. Roll in a ball and roll ball in ½ cup chopped nuts and ⅓ cup parsley.

Carol Berger

CHEESE BALL

- | | |
|----------------------------------|-----------------------------|
| 16 oz. Philadelphia cream cheese | ½ c. diced onion |
| 16 oz. Longhorn cheese | 1 tsp. lemon juice |
| 1 small jar pimento | 1 tsp. Worcestershire sauce |

Mix cream cheese with mixer. Grate Longhorn cheese and mix in. Stir in all other ingredients and mix until well blended.

Cindy Jones

CHEESE BALL

- | | |
|--|---------------------------|
| 2 (8 oz.) pkg. cream cheese | ¼ c. chopped green pepper |
| 1 (8½ oz.) can crushed pineapple, well drained | 2 Tbsp. chopped onion |
| 2 c. chopped pecans (I use only 1 c.) | 1 Tbsp. seasoned salt |

Mix well. Chill and form into ball. Make this at least a day ahead of time. I use half the nuts in the mixture and other half to roll ball in. It keeps for 2 to 3 weeks in refrigerator and freezes.

Carol Berger

CHEESE BALL

2 (8 oz.) pkg. cream cheese
1 jar Old English cheese spread
1 jar Roka cheese spread

1 small onion
1 small pkg. chopped pecans

Let cream cheese get room temperature. Mix together all ingredients and form a ball; roll in pecans.

Joy Ankerholz

CARAMEL CORN

1½ c. unpopped popcorn
2 c. brown sugar
½ tsp. salt

2 sticks margarine
½ c. white corn syrup
½ tsp. soda

Pop popcorn. Place in large roaster (buttered) pan. Melt butter; add brown sugar, corn syrup and salt. Boil 5 minutes. Remove from stove and add soda; stir. Pour over popcorn and mix gently. Place in 250° oven for 1 hour. Stir twice in that hour. Remove from oven; cool, and store in airtight container.

Carrie Walker

CARAMEL POPCORN

4 qt. popcorn, popped
1 c. brown sugar
¼ c. light corn syrup
½ c. butter

½ tsp. salt
½ tsp. baking soda
½ tsp. vanilla

Pop popcorn; remove old maids and put in large paper sack. Set aside. Cook brown sugar, syrup, butter, and salt in approximately 2 quart microwavesafe dish (it will bubble up the sides). When it starts to boil, stir, then cook 2 minutes on HIGH. Stir in soda and vanilla. Pour over popcorn and stir well to coat. Place bag in microwave and cook 1½ minutes; stir - cook 1 to 1½ minutes more. Tear bag open and let dry.

Alyssa Koinzan

BAKED CARAMEL CORN

2 c. brown sugar
¼ tsp. salt
½ tsp. baking soda

8 qt. popcorn
½ c. white corn syrup
½ c. margarine

Combine ingredients; bring to a boil. Boil 5 minutes; add ½ teaspoon soda. Gently blend. Pour over 8 quarts popcorn. Bake at 250° for 1 hour.

Stephanie Conkright

CARAMEL POPCORN BALLS

4 Tbsp. margarine	1/2 tsp. vanilla
1 c. brown sugar	5 qt. popped corn
1/2 c. light corn syrup	
1/2 (15 oz.) can (2/3 c.) sweetened condensed milk	

In saucepan, combine margarine, brown sugar and corn syrup. Stir well and bring to boiling over medium heat. Stir in sweetened condensed milk; simmer, stirring constantly, till mixture forms a soft ball (234° to 238°) when dropped into cold water (takes just a few minutes). Stir in vanilla. Pour over popped corn and stir well till all kernels are coated. Butter hands lightly; shape popcorn into balls about 3 1/2 inches in diameter. Makes about 15 balls.

Lois Veatch

STICKY POPCORN

8 large marshmallows	1/2 c. brown sugar
1 stick margarine	Popcorn

Mix all ingredients and stir over low heat until melted; pour over popcorn. The more popcorn, the less sticky.

Stephanie Conkright

POPCORN BALLS

12 c. popped popcorn	2/3 c. light corn syrup
1 c. sugar	1/2 c. margarine or butter
1/2 tsp. salt	1 tsp. vinegar
2/3 c. water	1/2 tsp. vanilla

Place popcorn in very large bowl. In medium saucepan, combine remaining ingredients, except vanilla. Cook, uncovered, stirring occasionally, until soft crack stage (270°F.). Remove from heat; stir in vanilla. Slowly pour syrup over popcorn, tossing until coated. With buttered fingers, quickly shape into balls. Yield: 16 servings.

Lisa Willis

CINNAMON POPCORN

2 sticks oleo	4 drops of cinnamon oil
1/2 c. white corn syrup	8 qt. popped corn
1 (9 1/2 oz.) pkg. red cinnamon candies	

Melt ingredients and cook 5 minutes after mixture boils. Pour melted mixture over corn and mix. Spread onto greased cookie sheet and bake 1 hour at 250°F. Makes 32 cups.

Karen Williams

CARAMEL RITZ BITS CRACKERS

2 boxes Ritz Bits crackers

1 c. dry roasted peanuts

Bring to a boil and boil for 5 minutes:

1 c. sugar

½ c. oleo

½ c. white syrup

1 tsp. vanilla

Add 1 teaspoon soda; pour over crackers and stir. Bake at 350° for 1 hour on greased cookie sheet; stir every 15 minutes. Break apart and store in tight container.

Joyce Fast

PUPPY CHOW

1 c. butter

12 oz. chocolate chips

1 c. peanut butter

16 oz. powdered sugar

1 (12 oz.) box Crispix

Melt butter, peanut butter and chocolate chips until smooth. Pour Crispix into mixture and stir until coated. Roll in powdered sugar and spread on cookie sheet until cool.

Lisa Rexroad

MICROWAVE PARTY MIX

¼ c. margarine

1½ c. mixed nuts

4 tsp. Worcestershire sauce

1½ c. thin pretzel sticks

1 tsp. onion salt

6 c. Crispix cereal

Measure the nuts, pretzels and cereal in a gallon container until it is filled. Melt butter in large (at least 13x9 inch) pan. Stir in Worcestershire sauce and onion salt; add cereals, mixing to coat. Stir in pretzels and nuts. Microwave, uncovered, at HIGH for 3 minutes. Stir carefully. Microwave 2 more minutes. Spread on newspaper to cool.

Marcia Pritchett

MEXICAN MUNCH

1 (6 oz.) can French fried onions

4 c. Corn Chex

1 (8 oz.) can shoestring potatoes

1½ c. peanuts

½ c. melted oleo

1 pkg. taco seasoning mix

Combine first 4 ingredients in a 9x13 inch pan. Drizzle with butter and stir well. Sprinkle seasoning evenly over mixture and mix well. Bake in 300° oven for 30 minutes. Stir several times while baking. Cool and store in airtight container.

Lynne Miller

TOASTED PECANS

Use 1 tablespoon butter for each 1 cup of pecans.

Spread pecans on cookie sheet, and drizzle melted butter on top. Bake at 400° for 6 to 8 minutes, stirring part way through. Put pecans on paper towels to dry, and sprinkle with sea salt, or popcorn finishing salt (not the flavored kind! - just a very fine salt).

Terry Edwards

HUSH PUPPIES

1 c. corn meal	2 tsp. baking powder
1 c. flour	1 tsp. salt
1 medium onion, peeled and chopped fine	½ tsp. fresh ground pepper
6 green onions, chopped	1 egg, beaten
	¾ c. buttermilk

Mix dry ingredients and onion; blend egg and buttermilk and stir into dry ingredients. You will have a very thick batter. Allow to set for ½ hour, then drop by tablespoonfuls into hot deep fat fryer at 375°. Deep fat fry until golden brown. Drain on paper towels and keep warm in 200° oven until ready to serve.

Geni Woody

THIN BATTER (FOR DEEP-FRYING)

1 c. all-purpose flour	1 egg
1 tsp. baking powder	1 c. milk
½ tsp. salt	¼ c. salad oil

Measure all ingredients for batter into bowl; beat with rotary beater until smooth. Thaw frozen foods completely before frying. Dry food thoroughly before dipping into batter. Heat fat or oil in deep fat fryer or kettle.

Suggested foods for Thin Batter: Whole shrimp, scallops, oysters, fish fillets, chicken pieces (partially cooked), cutlets, eggplant slices, cauliflowerets, onion rings, and zucchini slices.

Cindy Jones

SUPER PIZZA CRUST

2 c. flour	¼ c. oil
2 tsp. baking powder	⅔ c. milk
1 tsp. salt	

Combine dry ingredients. Mix oil and milk and then add to dry mixture. Stir to form dough, then roll out with rolling pin to size you need. Top as you would a usual pizza, or for a lite dessert you can top it with the following:

1 c. brown sugar	Cinnamon
1 stick oleo	½ c. sugar
5 Tbsp. (or so) flour	

Make a crumb crust out of this and place on top of pizza dough. Bake until brown. Top with a powdered sugar glaze.

Linda McFarland

SOFT PRETZELS

2 c. warm water
2 Tbsp. dry yeast (2 pkg.)
¼ c. sugar
7 c. flour
1 tsp. salt

¼ c. oleo
1 egg
2 Tbsp. warm water
Large grain salt

Dissolve yeast in water; add sugar, salt and 3½ cups flour. Mix well. Add oleo and mix well. Mix in rest of flour. Refrigerate 2 to 24 hours. Divide dough in half and redivide each half into 16 pieces each. Roll each piece into tube 20 inches long and twist into pretzel shape. Beat egg and water and brush over pretzels. Place pretzels on buttered cookie sheet. Sprinkle salt on pretzels. Bake at 400° for 15 minutes.

Marilyn Hevener

BEER BALLS

Meatballs
1 can beer

1 bottle catsup

For a quick snack, cook your meatballs in the microwave, then place them in a crock pot with the beer and catsup. You can adjust the amount of liquid you need, but generally it should be a 1:1 ratio. For the best results, let them cook long and slow.

Linda McFarland

SAUSAGE BALLS

1 lb. raw sausage (hot kind)
2 c. Bisquick

2 c. grated sharp Cheddar cheese

Mix with hands; shape in balls. Freeze. Bake at 375° for 20 minutes.

Sharon DeShazer

BEEF JERKY

3 lb. brisket, trim fat, slice with
grain
1 Tbsp. salt
1 Tbsp. garlic powder
½ Tbsp. pepper

2 Tbsp. Accent (MSG)
2 Tbsp. onion powder
¼ c. liquid smoke
½ c. soy sauce
½ c. Worcestershire sauce

Put meat in shallow pan; pour all ingredients (mixed together) over meat. Refrigerate for 24 hours. Bake for 8 to 12 hours at 125° directly on oven rack. Put foil in bottom of oven to catch drips. Leave oven door ajar.

Lori Cox

SUMMER SAUSAGE

2 lb. ground beef (very lean)	1/4 tsp. onion powder
1 c. water	1/4 tsp. salt
1 1/2 tsp. liquid smoke	1/4 tsp. garlic powder
2 Tbsp. Wright's or Morton's Tender-Quick	1/4 tsp. pepper

Mix all ingredients very well. Form 3 oblong rolls and wrap in *plastic* wrap. Refrigerate for 24 hours. Remove plastic wrap and place on broiler pan. Bake 1 hour and 45 minutes at 300°; cool. Rewrap in plastic wrap and refrigerate. Good served cold with cheese and crackers. This may also be frozen and served at a later date.

Ann Gee

HANKY PANKY

1 lb. ground beef	1/2 tsp. onion salt
1 lb. hot sausage	1 lb. Velveeta
1/2 tsp. oregano	1/2 tsp. pepper
1/2 tsp. garlic salt	1/2 tsp. parsley
2 loaves party rye bread	

Brown sausage and beef; drain. Add all seasonings and cheese. Heat on medium until well blended and cheese has melted. Cool slightly, then spread on bread slices. Put on cookie sheet and bake 10 minutes at 350°. Serve hot. Can be frozen. To reheat, place in 350° oven till bubbly. Makes 18 to 20 servings.

Note: Mixture will be stiff.

Lori Cox

OLD-FASHIONED APPLESAUCE

16 cooking apples	2 tsp. cinnamon
1 c. sugar	

Wash, pare and quarter apples. Add water, about 1/2 inch deep in large pan. Cover and cook on low about 30 minutes or till apples are tender. Press through colander. Heat until thick with sugar and cinnamon. Makes about 2 quarts.

Lois Veatch

LEMON "CHEESE"

1 c. butter	2 Tbsp. cornstarch
2 c. sugar	4 eggs, beaten
Grated rind of 2 lemons	Pinch of salt
1/2 c. lemon juice	

Put butter and sugar in top of double boiler over hot water. Grate lemon rind, then squeeze lemons. Strain juice and mix with cornstarch. Stir into butter/sugar mixture; add beaten eggs, and mix well. Cook, stirring occasionally, for 25 to 30 minutes until mixture thickens. Cool, store in glass jar in refrigerator. Makes 1 quart.

Use as filling in white layer cake. Mix with sour cream to top off hot gingerbread. Use as is in tiny tarts. Mix 1 cup lemon cheese with 1 cup whipping cream, whipped, and put in pie shell for a yummy lemon pie. Keeps indefinitely in refrigerator.

Terry Edwards

WHIPPED BUTTER

½ c. butter

2 Tbsp. milk or half & half

In small bowl, combine butter and milk; beat at highest speed until light and fluffy. Yields 1 cup.

Tips:

Honey Butter: Omit milk. Gradually add ¼ cup honey; beat until light and fluffy.

Marmalade Butter: Omit milk. Gradually add ¼ cup marmalade; beat until light and fluffy.

Maple Butter: Substitute maple flavored syrup for milk.

Orange Butter: Substitute orange juice for milk; and add 1 tablespoon grated orange peel.

Donna Callahan

PINWHEELS

2 (8 oz.) pkg. cream cheese

1 small onion

1 small can chilies

1 pkg. dried beef

Flour tortillas

Mix all ingredients; spread on tortillas and roll up. Chill and cut into pinwheels.

Carol Berger

CARAMEL DIP

2 pkg. caramel

8 oz. cream cheese

Apples

Melt caramels and cream cheese in microwave. Stir as it melts. Slice apples and dip in caramels.

Sheri Kienzle

FRUIT DIP

- 1 small jar marshmallow cream
- 1 small pkg. cream cheese,
softened

Beat both ingredients till creamy. Dip pieces of fruit into dip. *Wonderful. We use strawberries a lot.*

Amy Babb

COTTAGE CHEESE DIP

- 1 pt. cream style cottage cheese
- 1/3 c. milk
- 1/2 pkg. dry onion soup mix

Place all ingredients in blender container; blend until creamy. Serve with chips or pretzels. Yield: 20 servings.

Lisa Willis

FRESH VEGETABLE DIP

- 1 pt. *mayonnaise*
- 1 Tbsp. minced onion
- 8 oz. sour cream
- 1 tsp. Accent
- 1 tsp. celery seed
- 2 Tbsp. parsley flakes
- 1 tsp. garlic salt
- 12 oz. shredded Mozzarella cheese

Mix all ingredients together. Keep refrigerated until ready to use. Best if made a little early so seasonings have time to blend. Serve with an assortment of fresh vegetables.

Deb Binns

KNORR VEGETABLE DIP

- 2 to 2 1/2 c. sour cream
- Assorted raw vegetables
- 1 pkg. Mrs. Knorr's dry vegetable
soup mix

Mix sour cream and soup mix. Refrigerate mixture several hours or overnight before serving. Stir before serving. Serve with assorted raw vegetables.

Stephanie Conkright

SHARON'S DILL DIP

- 2/3 c. real mayonnaise
- 1 Tbsp. Beau Monde
- 1 Tbsp. diced green onion
- 2/3 c. sour cream
- 1 tsp. Lawry's seasoning salt
- 1 Tbsp. parsley
- 1 tsp. dill weed
- 1/2 tsp. Worcestershire sauce
- 1/2 tsp. Accent
- 2 drops of Tabasco

Mix together shortly before serving.

Sharon DeShazer

DIP

8 oz. sour cream
8 oz. real mayonnaise
1 Tbsp. dill weed

1 Tbsp. dry onion
1 tsp. seasoned salt

Chill 4 hours and serve with crisp vegetables.

Karen Williams

BEAN DIP

1 large can refried beans
Hot sauce to taste
1 c. sour cream

Chopped onion to taste
1 small jar Cheez Whiz

Mix all ingredients and heat.

Lynne Miller

HOT BEAN DIP

2 Tbsp. tomato juice
2 Tbsp. vinegar
2 tsp. Worcestershire
1 (No. 2) cans (3½ c.) pork and
beans
½ c. cubed process American
cheese

1 tsp. garlic salt
1 tsp. chili powder
½ tsp. salt
Dash of cayenne
4 slices bacon, fried crisp

Put all ingredients, except bacon, in blender container. Cover and run on high speed until smooth. If necessary stop blender during process and push ingredients toward blades with rubber spatula. Pour into chafing dish or double boiler and serve hot. Crumble bacon over top. Serve with potato chips, crackers or corn chips. Makes 3 cups.

Leah Currie

BEAN AND BACON DIP

1 c. dairy sour cream
½ c. shredded Cheddar
½ tsp. instant minced onion

1 (11½ oz.) can condensed bean
with bacon soup

Heat oven to 375°. In ovenproof dish, combine all ingredients. Bake at 375° for about 10 minutes or until heated through. Serve with corn or taco chips.

Tip: For Taco-Bean Dip, add 2 tablespoons dry taco seasoning mix with onion.

Lisa Willis

CHILI DIP

1 lb. hamburger
1 medium onion
1 lb. Velveeta (plain)

1 lb. Velveeta (jalapeno)
2 can chili without beans
1 tsp. Worcestershire sauce

Brown hamburger. Melt Velveeta in microwave or double boiler; add chili to cheese until smooth. Add hamburger, onion and sauces. Keep warm in crock pot or electric skillet.

Jeanette A. Parker

E-Z DIP

8 oz. softened Philadelphia cream cheese 12 oz. picante sauce

Put cream cheese in blender; add sauce to taste.

Terri Bloomer

HOT MEXICAN CHIP DIP

8 oz. cream cheese Diced green onion
1 can Hormel chili (no beans) 8 oz. grated cheese
1 can chopped mild green chilies

In a 6½ inch x 10½ inch microwavable dish, layer ingredients in order given. Microwave until cheese melts, checking every 2 minutes. (Recipe may be doubled in a 9½ inch x 13 inch dish.)

Cathy Lilley

MEXICAN DIP

1 can refried beans 1 jar picante sauce
1 lb. ground beef
1 can "Campbell's" nacho cheese dip soup

If desired:

Green peppers 1 small pkg. Velveeta cheese
Onion

Brown ground beef; drain grease. Add refried beans, nacho cheese dip soup and picante sauce. Stir until well blended. Keep in crock pot on LOW. If desired, add green peppers, onion and small package of Velveeta cheese. Continue mixing in crock pot until well blended. Serve hot.

Travis Marker

MEXICAN DIP

1 can refried beans Grated cheese
1 small container sour cream Sliced black olives (optional)
1 small container avocado dip

Layer all ingredients as listed and serve with Doritos.

Lori Cox

MEXICAN DIP

1 (16 oz.) can refried beans
1 pkg. taco sauce
1/2 green pepper, chopped
4 green onions, chopped
1 tomato, chopped

1 (4 oz.) can chopped black olives
1 (4 oz.) can diced green chilies
1 can frozen avocado
1 pt. sour cream
1/2 lb. grated cheese

Layer in order given. Be sure to drain all ingredients well. Serve with king size Fritos or Doritos. (Make it several hours ahead or the night before.)

Lois Veatch

MEXICAN CHIP DIP

2 (8 oz.) pkg. cream cheese,
softened
2 cans stewed tomatoes

1/4 c. chopped onion
1 small can chopped green chilies
2 Tbsp. butter

Saute onion in butter until soft. Add stewed tomatoes and green chilies; stir. Add cream cheese; stir until completely melted.

Marilyn Hevener

TEX-MEX DIP

8 oz. guacamole dip (sold in frozen
food section)
4 oz. sour cream
1/4 c. mayonnaise
1/2 pkg. taco seasoning

1 can bean dip
8 oz. shredded cheese
1/2 diced tomato
A few sliced black olives

Spread bean dip onto a dinner plate and then spread guacamole dip over that. Mix the sour cream, mayonnaise and taco seasoning together and spread over guacamole dip. Cover layers with the cheese, tomatoes and black olives. Chill before serving.

Wade Skinner

FIESTA DIP SAN LUCAS

Makes 3 cups.

2 c. grated Cheddar cheese (room
temperature)
1 (8 oz.) pkg. cream cheese (room
temperature)
4 tsp. fresh lemon juice
1 tsp. instant chicken bouillon
powder
Hot pepper sauce

1 medium tomato, seeded and
finely chopped
1 (4 oz.) can diced green chilies,
drained and rinsed
3 Tbsp. finely chopped onions
Crudites
Tortilla chips

Blend first 5 ingredients in blender or processor 30 seconds. Stop and scrape sides of work bowl. Blend 15 more seconds. Transfer to medium bowl; stir in tomato, chilies and onions. Cover and refrigerate at least 1 hour. (*Can be prepared 3 days ahead.*) Serve dip with crudites and chips.

Val Hederstedt

CHEESE DIP

1 can mushroom soup
1 (2 lb.) box Velveeta cheese
1/2 pkg. Lipton dry onion soup

Dash of Worcestershire sauce
4 oz. chopped green chilies

Place all the ingredients in crock pot. Cook on HIGH for 45 minutes. Turn to LOW and cook for 2 hours. Turn back to HIGH just before serving. Serve hot with corn chips.

Mrs. Stanley C. Smith (Pat)

HAMBURGER CHEESE DIP

1 lb. Velveeta cheese
1 can refried beans

1/2 lb. browned hamburger
1/2 to 1 c. picante sauce

Combine ingredients in a microwavable bowl and cook till cheese has melted; stir frequently. Pour into a baby crock pot and serve with tortilla chips.

Carla Jackson

SHRIMP DIP

1 large ctn. sour cream
1 small pkg. frozen baby
precooked shrimp

1 pkg. Hidden Valley party mix dip

Mix together the night before you want to serve it.

Carrie Walker

SEASON'S BEST SHRIMP DIP

1 (8 oz.) pkg. Philadelphia Brand
cream cheese, softened
1/2 c. Miracle Whip salad dressing
1 (4 1/4 oz.) can tiny cocktail
shrimp, drained and rinsed

1/3 c. finely chopped green onion
1/8 tsp. garlic salt

Mix cream cheese and salad dressing until well blended. Stir in remaining ingredients; chill. Serve with vegetable dippers. Makes 2 cups. Preparation time: 10 minutes, plus chilling.

Denise Ertl

PLAYDOUGH FOR CHILDREN

2 c. flour
1/2 c. salt
1 Tbsp. alum

1 Tbsp. oil
2 c. boiling water

Mix everything together, except for the boiling water. Add food color to your water, then pour it over the mixture. Knead as soon as it is cool enough to do so. Keep in an airtight container.

Linda McFarland

PLAYDOUGH

1 c. flour
1 Tbsp. vegetable oil
1 c. water

1/2 c. salt
2 tsp. cream of tartar (or alum)
Food coloring if desired

Mix together and cook over medium heat till it balls up. After cooking, run water over the playdough and then shake off. After dough cools briefly, knead. Keeps best in tight container in refrigerator.

Denise Ertl

SOFT TOUCH

Tip for cleaning brushes used with water-soluble paints: Add fabric softener to your rinse water, it will keep the brushes soft and pliable.

Donna Callahan

PRIVATE PERSON

If you have windows you want to block for privacy, be it bath, garage, or basement, mix up a solution of 1 cup stale beer and 4 tablespoons Epsom salts and paint on for a frosty coating.

Donna Callahan

Notes

Notes

Notes

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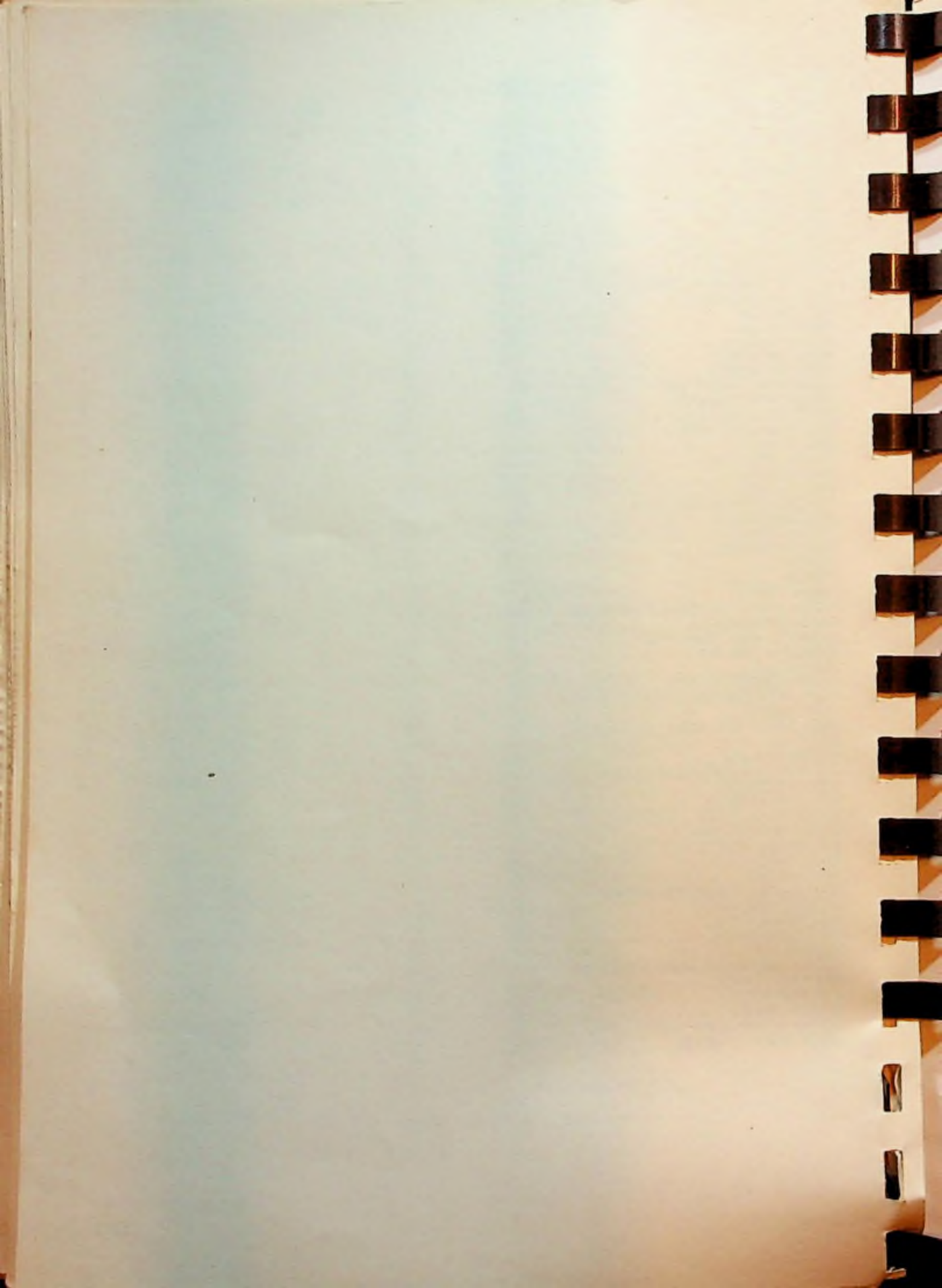
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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Re-beat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add $\frac{1}{4}$ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

• Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add $\frac{1}{4}$ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour $\frac{1}{2}$ cup of baking soda followed by a cup of vinegar down the drain . . . let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.



CALORIE COUNTER

Almonds:		pumpkinseed, 1 slice	79
roasted in oil, salted, 9-10 nuts	62	raisin, 1 slice, 20 per loaf	60
Apple butter, 1 tbsp	33	rye, light, 1 slice, 20 per loaf	56
Apple juice, canned or bottled, 1 cup	117	white, firm-crumb type, 1 slice, 20 per loaf	63
Apples:		whole wheat, firm-crumb type, 1 slice, 20 per loaf	56
fresh, with skin, 1 average (2½" diameter)	61	Bread stuffing, mix, mixed with butter, water, ½ cup	250
dried, cooked, sweetened, ½ cup	157	Broccoli:	
dried, cooked, unsweetened, ½ cup	100	raw, 1 large spear	32
Applesauce, canned, sweetened, ½ cup	116	boiled, drained, cut spears, ½ cup	20
Applesauce, canned, unsweetened, ½ cup	50	Brussels sprouts boiled, drained ½ cup	28
Apricot nectar, canned or bottled, 1 cup	143	Butter, 1 Tbsp.	100
Apricots:		Butter, whipped, 1 tbsp.	67
fresh, 3 average (12 per lb.)	55	Cabbage:	
canned, 4 halves with 2 tbsp. heavy syrup	105	red, raw, chopped or shredded, ½ cup	14
canned, water pack, ½ cup with liquid	38	white, raw, chopped or shredded, ½ cup	11
Asparagus:		Cake, mix, prepared as directed on package:	
canned, drained, cut spears, ½ cup	25	angelfood, without icing, 3½-oz. serving	269
frozen, 6 spears	23	coffee cake, 3½-oz. serving	322
Avocados, 3⅜" diameter	185	devil's food, with chocolate icing, 3½-oz. serving	369
Bacon, fried, drained, 2 medium slices	86	white, with chocolate icing, 3½-oz. serving	351
Bacon, Canadian, fried, drained, 1 slice	58	yellow, with chocolate icing, 3½-oz. serving	365
Bagel, egg or water, 1 medium (3" diameter)	165	Candies, 1-oz. serving:	
Bamboo shoots, raw, cuts, ½ cup	21	almonds, chocolate-covered	161
Bananas, 1 average	118	butter mints, after dinner (Kraft)	106
Bean sprouts, soy, raw, ½ cup	24	butterscotch	112
Beans, baked, canned:		cherries, dark chocolate-covered (Welch's)	115
with pork and tomato sauce, ½ cup	156	chocolate, milk	147
Beans, green or snap:		chocolate, semi-sweet	144
fresh, boiled, drained, cuts or French style, ½ cup	16	coconut, chocolate-covered	124
canned, with liquid, ½ cup	22	fudge, chocolate, with nuts	121
Beans, lima, immature seeds:		gum drops	98
boiled, drained, ½ cup	95	jelly beans	104
canned, with liquid, ½ cup	88	licorice (Switzer)	101
Beans, pea, navy, or white, dry, cooked, ½ cup	112	Life Savers, all flavors except mint	111
Beans, red kidney, canned, with liquid, ½ cup	115	Life Savers, mint	108
Beef, choice grade cuts (without bone):		mints, chocolate-covered	116
brisket, lean only, braised, 4 oz.	253	marshmallows (Campfire)	100
chuck, arm, lean only, pot-roasted, 4 oz.	219	peanut brittle	119
club steak, lean only, broiled, 4 oz.	277	peanut cluster, chocolate-covered (Kraft)	151
flank steak, lean only, pot-roasted, 4 oz.	222	raisins, chocolate-covered	120
ground, lean (10% fat), broiled, 4 oz.	248	toffee, chocolate (Kraft)	111
porterhouse steak, lean only, broiled, 4 oz.	254	Cantaloupe, fresh, ½ melon, 5" diameter	58
rib, lean only, roasted, 4 oz.	273	Carrots:	
round steak, lean only, broiled, 4 oz.	214	raw, 1 average	21
rump, lean only, roasted, 4 oz.	236	boiled, drained, diced, ½ cup	23
short plate, lean only, simmered, 4 oz.	253	Catsup, tomato, bottled, 1 tbsp.	16
sirloin steak, double-bone, lean only, broiled, 4 oz.	245	Cauliflower:	
sirloin steak, round-bone, lean only, broiled, 4 oz.	235	raw, flowerbuds, sliced, ½ cup	12
T-bone steak, lean only, broiled, 4 oz.	253	boiled, drained, flowerbuds, ½ cup	14
Beef, corned:		Celery, raw, 1 outer stalk (8" long)	7
boiled, medium-fat, 4 oz.	422	Cereals:	
canned, lean, 4 oz.	211	All-bran, 1 cup	192
Beef and vegetable stew, canned, 4 oz.	90	bran, 100% (Nabisco), 1 cup	150
Beets:		bran flakes, 40%, 1 cup	106
boiled, drained, sliced, ½ cup	33	bran flakes with raisins, 1 cup	144
Blackberries:		corn flakes, 1 cup	97
fresh, ½ cup	42	corn flakes, sugar coated, 1 cup	154
canned, juice pack, ½ cup with liquid	68	Cream of Wheat, cooked, 1 cup	133
Blueberries:		farina, quick-cooking, cooked, 1 cup	105
fresh, ½ cup	45	oat flakes, (Post), 1 cup	165
canned, water pack, ½ cup with liquid	47	oatmeal or rolled oats, cooked, 1 cup	132
Bologna, all meat, 4 oz.	315	rice, puffed, 1 cup	60
Boysenberries:		wheat flakes, 1 cup	106
canned, water pack, ½ cup with liquid	45	wheat, puffed, 1 cup	54
frozen, unsweetened, ½ cup	30	wheat, puffed, presweetened, 1 cup	132
Braunschweiger (smoked liverwurst), 4 oz.	362	wheat, shredded, 1 biscuit (2½" x 2" x 1¼")	89
Brazil nuts (3 large nuts)	90	Cheese:	
Bread, commercial:		American, processed, 1 oz.	105
Boston brown, 1 slice	101	blue or Roquefort type, 1 oz.	104
cracked wheat, 1 slice, 20 per loaf	60	brick, 1 oz.	105
French, 1 slice	44	cheddar, domestic, 1 oz.	113
Italian, 1 slice	28	cottage, creamed, small curd, ½ cup	112

CALORIE COUNTER

cream, 1 tbsp.	52	Eclair, custard filled, with chocolate icing, 1 average	239
cream, whipped, 1 tbsp.	37	Eggnog, 8% fat (Borden's), ½ cup	171
Gouda, 1 oz.	108	Eggplant, boiled, drained, diced, ½ cup	19
Monterey Jack, 1 oz.	103	Eggs, chicken:	
Mozzarella, part-skim, 1 oz.	85	boiled or poached, 1 large egg	82
Muenster, 1 oz.	100	fried, with 1 tsp. butter, 1 large egg	99
Neufchatel (Borden's), 1 oz.	73	scrambled, with 1 tsp. butter, 1 large egg	111
Old English, processed, 1 oz.	105	Endive, raw, 10 small leaves	5
Parmesan, grated, 1 Tbsp.	23	Escarole, raw, 1 large leaf	4
pimiento, American, processed, 1 oz.	105		
Provolone, 1 oz.	99	Fat, vegetable shortening, 1 tbsp.	111
ricotta, moist, 1 oz.	45	Figs:	
Romano, 1 oz.	110	dried, 1 large fig (2" x 1")	57
Roquefort, 1 oz.	105	Fish cakes, fried, frozen, reheated, 4 oz.	306
Swiss, domestic, 1 oz.	104	Flour:	
Cheese food, American, processed, 1 oz.	92	all-purpose, sifted, 1 cup	419
Cherries:		buckwheat, dark, sifted, 1 cup	326
sweet, fresh, whole, ½ cup	41	cake or pastry, sifted, 1 cup	349
Cherries, maraschino, bottled, 1 oz. with liquid	33	rye, dark, unsifted, 1 cup	419
Chestnuts, fresh, 10 average	141	wheat, self-rising, sifted, 1 cup	405
Chicken:		Frankfurters, all-meat, 1 average (10 per lb.)	133
broiled, meat only, 4 oz.	154	Fruit cocktail, canned, water pack, ½ cup with liquid	46
roasted, dark meat, 4 oz., no skin	204	Fruit, mixed, frozen, sweetened, 4 oz.	125
roasted, light meat, 4 oz., no skin	207		
Chili, with beans, canned ½ cup	170	Gelatin dessert, flavored, prepared with water, ½ cup	71
Chili, without beans, canned, ½ cup	255	Gooseberries, fresh, ½ cup	30
Coconut:		Grape drink, canned, 1 cup	135
dried, sweetened, shredded, ½ cup	258	Grape juice, canned or bottled, 1 cup	167
Cod (meat only):		Grapes:	
broiled, with butter, fillets, 4 oz.	192	fresh (Concord, Delaware, etc.), 10	18
frozen, fish sticks, breaded, 5 sticks, 4 oz.	276	fresh (Thompson seedless, etc.), 10	34
Coffee, prepared, plain, 1 cup	2	Grapefruit juice:	
Coleslaw, commercial, with mayonnaise, ½ cup	87	canned, sweetened, 1 cup	133
Cookies, commercial:		canned, unsweetened, 1 cup	101
brownies, from mix, with nuts and water, 1 oz.	114		
butter thins, 1 piece (2" diameter)	23	Haddock, fried, breaded fillets, 4 oz.	187
chocolate chip, 1 piece (2¼" diameter)	50	Halibut, fillets, broiled with butter, 4 oz.	194
coconut bar, 1 oz.	140	Halibut, frozen, steak, 4 oz.	254
fig bar, 1 average piece	50	Halibut, smoked, 4 oz.	254
gingersnaps, 1 piece (2" diameter)	29	Ham:	
graham cracker, plain, 1 piece (5" x 2½")	55	boiled, packaged, 4 oz. (about 4 slices)	266
ladyfinger, 1 piece	40	fresh, medium-fat, roasted, 4 oz.	426
macaroon, 1 piece (2¾" diameter)	91	picnic, cured, medium-fat, roasted, 4 oz.	368
oatmeal with raisins, 1 piece (2½" diameter)	59	canned, cured, lean only, roasted, 4 oz.	241
peanut sandwich, 1 piece (1¾" diameter)	58	canned, deviled, 4 oz.	398
shortbread, 1 average piece	37	Herring:	
vanilla wafer, 1 piece (1¾" diameter)	19	canned, plain, 4 oz. with liquid	236
Corn:		pickled, Bismark-type, 4 oz.	253
boiled, drained on cob, 1 ear (5" x 1¾")	70	smoked, hard, 4 oz.	340
boiled, drained, kernels, ½ cup	69	Hickory nuts, shelled, 4 oz.	763
canned, cream style, ½ cup	105	Honey, strained or extracted, 1 tbsp.	64
Corn chips (Fritos), 1 oz.	166	Honeydew melon:	
Crackers:		fresh, 1 wedge (2" x 7")	49
bacon-flavor, 1 oz.	127		
butter, round, 1 piece (1⅞" diameter)	15	Ice cream:	
cheese, round, 1 piece (1⅞" diameter)	17	hardened, rich, 16% fat, ½ cup	165
Melba toast, white, regular, 1 piece	15	soft-serve (frozen custard), ½ cup	167
Rye-Krisp, 1 piece (1⅞" x 3½")	21	Ice cream bar, chocolate coated, 3-oz. bar	162
saltines, 1 piece	12	Ice cream cone, sugar 1 cone	37
whole wheat, 1 oz.	114	Ice cream cone, waffle, 1 cone	19
Cranberry juice cocktail, canned or bottled, 1 cup	164	Ice milk, hardened, 5.1% fat, ½ cup	100
Cranberry sauce, canned, strained, ½ cup	202	Ice milk, soft-serve, 5.1% fat, ½ cup	133
Cream:		Ice milk bar, chocolate coated, 3-oz. bar	144
half and half, ½ cup	162		
sour, 1 tbsp.	26	Jams and preserves, all flavors, 1 tbsp.	54
whipping, light, ½ cup unwhipped	358	Jellies, all flavors, 1 tbsp.	49
whipping, heavy, ½ cup, unwhipped	419		
Cream substitute, non-dairy, dry, 1 tbsp.	33	Kale:	
Cucumber, with skin, 1 large (8¼" long)	45	fresh, leaves only, 4 oz.	80
		fresh, with stems, boiled, drained, ½ cup	16
Dates, domestic, 10 average	219	Knockwurst, 1 link (4" x 1½" diameter)	189
Duck, domestic, roasted, meat only, 4 oz.	352	Kumquats, fresh, 1 average	12

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Lamb, retail cuts:		
chop, loin, lean only, broiled, 2.3 oz. with bone	122	
leg, lean and fat, roasted, boneless, 4 oz.	317	
shoulder, lean only, roasted, boneless, 4 oz.	233	
Leeks, raw, 3 average	52	
Lemon juice:		
fresh, 1 tbsp	4	
Lemonade, frozen, diluted, 1 cup	107	
Lemons, fresh, 1 average (2 1/8" diameter)	20	
Lentils, whole, cooked, 1 cup	212	
Lettuce:		
iceberg, 1 leaf (5" x 4 1/2")	3	
romaine, 3 leaves (8" long)	5	
Limes, fresh, 1 average (2" diameter)	19	
Liverwurst, fresh, 4 oz.	348	
Lobster, cooked in shell, whole, 1 lb.	112	
Lobster, cooked or canned, meat only, cubed, 1/2 cup	69	
Macadamia nuts, 6 average nuts	104	
Macaroni, boiled, drained, 1/2 cup	96	
Macaroni and cheese, canned, 1/2 cup	114	
Mackerel, fresh or frozen, broiled with butter, 4 oz.	268	
Mangos, whole, 1 average (1 1/2 per lb.)	152	
Margarine, salted or unsalted, 1 tbsp.	102	
Marmalade, citrus flavors, 1 tbsp.	51	
Milk, chocolate, canned, with skim milk, 1 cup	190	
Milk, chocolate, canned, with whole milk, 1 cup	213	
Milk, cow's:		
whole, 3.5% fat, 1 cup	159	
buttermilk, cultured, 1 cup	88	
skim, 1 cup	88	
skim, partially, 1 cup	145	
canned, condensed, sweetened, 1 cup	982	
canned, evaporated, unsweetened, 1 cup	345	
dry, whole, 1 tbsp. dry form	35	
dry, nonfat, instant, 1 envelope (3.2 oz.)	327	
Milk, malted, beverage, 1 cup	244	
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin	130	
Mushrooms, raw, sliced, chopped or diced, 1/2 cup	10	
Mushrooms, canned, with liquid, 1/2 cup	21	
Mustard greens, boiled, drained, 1/2 cup	16	
Nectarines, fresh, 1 average (2 1/2" diameter)	88	
Noodles, chow-mein, canned, 1/2 cup	110	
Noodles, egg, cooked, 1/2 cup	100	
Oil, cooking or salad:		
corn, safflower, sesame or soy, 1 tbsp.	120	
olive or peanut, 1 tbsp.	119	
Olives, pickled, canned or bottled:		
green, 10 large (3/4" diameter)	45	
ripe, salt-cured, Greek style, 10 extra large	89	
Onions, mature:		
raw, 1 average (2 1/2" diameter)	40	
raw, chopped, 1 tbsp.	4	
Orange juice:		
fresh, California, Valencia, 1 cup	117	
fresh, Florida, Valencia, 1 cup	112	
canned, sweetened, 1 cup	130	
canned, unsweetened, 1 cup	120	
frozen, concentrate, unsweetened, diluted, 1 cup	112	
Oranges, fresh, 1 average	71	
Pancakes, prepared from mix as directed on package:		
plain and buttermilk, 4" diameter cake	61	
buckwheat and other flours, 4" diameter cake	54	
Papaya juice, canned, 1 cup	120	
Papayas, fresh, whole, 1 papaya (3 1/2" x 5 1/8")	119	
Peach nectar, canned, 1 cup	120	
Peaches:		
fresh, 1 average	38	
canned, in juice, 2 peach halves with 2 tbsp. juice	45	
dried, 1/2 cup	210	
Peanut butter, commercial, 1 tbsp.	94	
Peanuts:		
roasted, in shell, 10 nuts	105	
roasted, chopped, 1 tbsp.	52	
Pear nectar, canned, 1 cup	130	
Pears:		
fresh, Bartlett, 1 pear (2 1/2" diameter)	100	
canned, in heavy syrup, 1 pear half and 2 tbsp. syrup	71	
dried, 1/2 cup	241	
Peas, green:		
boiled, drained, 1/2 cup	57	
Peas, split, cooked, 1/2 cup	115	
Pecans:		
shelled, 10 large nuts	62	
chopped, 1 tbsp	52	
Peppers, hot, chili:		
green, raw, seeded, 4 oz.	42	
green, chili sauce, canned, 1/2 cup	25	
red, chili sauce, canned, 1/2 cup	26	
Peppers, sweet, green:		
raw, fancy grade, 1 pepper (3" diameter)	36	
Peppers, sweet, red:		
raw, fancy grade, 1 pepper (3" diameter)	51	
Perch, ocean, Atlantic, frozen, breaded, 4 oz.	382	
Perch, white, raw, meat only, 4 oz.	134	
Pickle relish:		
hamburger (Heinz), 1 tbsp	17	
sweet, 1 tbsp.	21	
Pickles, cucumber:		
dill, 1 large (4" long)	15	
sweet gherkins, 1 small (2 1/2" long)	22	
Pies, frozen:		
apple, baked, 3 1/8" arc (1/8 of 8" pie)	173	
cherry, baked, 3 1/8" arc (1/8 of 8" pie)	211	
coconut custard, baked, 3 1/8" arc (1/8 of 8" pie)	187	
Pimientos, canned, drained, 1 average	10	
Pineapple:		
fresh, sliced, 1 slice (3 1/2" diameter x 3/4")	44	
canned, heavy syrup, chunks or crushed, 1/2 cup	95	
canned, water pack, tidbits, 1/2 cup with liquid	48	
Pineapple juice, canned, unsweetened, 1 cup	138	
Pistachio nuts, chopped, 1 tbsp.	53	
Plums:		
damson, fresh, whole, 10 plums (1" diameter)	66	
canned, purple, 3 plums and 2 3/4 tbsp. liquid	110	
Popcorn:		
popped, plain, 1 cup	23	
popped, with oil and salt added, 1 cup	41	
Pork:		
Boston butt, lean only, roasted, 4 oz.	279	
chop, lean only, broiled, 4 oz. with bone	308	
loin, lean only, roasted, 4 oz.	288	
Potato chips, 10 chips (2" diameter)	114	
Potato sticks, 1/2 cup	95	
Potatoes, white:		
baked, in skin, 1 long	145	
boiled, in skin, 1 round	104	
fried, 1/2 cup	228	
frozen, hash brown, cooked, 1/2 cup	174	
mashed, with milk and butter, 1/2 cup	99	
Potatoes, sweet:		
baked, in skin, 1 average	161	
boiled, in skin, 1 average	172	
boiled, in skin, mashed, 1/2 cup	146	
candied, 1 piece (2 1/2" long x 2")	176	
Pretzels, commercial varieties:		
rods, 1 pretzel (7 1/2" long)	55	
twisted, 3-ring, 10 pretzels	117	
Prune juice, canned or bottled, 1 cup	197	
Prunes, dried, medium-size, 1 average	16	
Pumpkin, canned, 1/2 cup	41	
Radishes, raw, whole, 10 medium	8	
Raisins, seedless (1/2 cup)	210	

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Raspberries:	
black, fresh, ½ cup	49
red, fresh, ½ cup	35
canned, black, water pack, 4 oz. with liquid	58
canned, red, water pack, ½ cup with liquid	43
frozen, red, sweetened, ½ cup	123
Rhubarb, cooked, sweetened, ½ cup	191
Rice, cooked (hot):	
brown, long grain, ½ cup	116
white, long grain, ½ cup	112
white, parboiled, long grain, ½ cup	93
Rolls and buns, commercial (ready to serve):	
frankfurter or hamburger, 1.4 oz. roll	119
hard, rectangular, ⅞-oz. roll	78
raisin, 1-oz. roll	78
sweet, 1-oz. roll	89
whole wheat, 1-oz. roll	73
Salad dressings, commercial:	
blue cheese, 1 tbsp.	76
French, 1 tbsp.	66
Italian, 1 tbsp.	83
mayonnaise, 1 tbsp.	101
Roquefort cheese, 1 tbsp.	76
Russian, 1 tbsp.	74
Thousand Island, 1 tbsp.	80
Salami:	
cooked, 1 slice (4" diameter)	68
dry, 1 slice (3½" diameter)	45
Salmon, smoked, 4 oz.	200
Sauces:	
barbecue, 1 tbsp.	17
soy, 1 tbsp.	12
tartar, 1 tbsp.	74
tomato, canned (Hunt's), ½ cup	35
Sauerkraut, canned, ½ cup with liquid	21
Sausages:	
polish, 2.7 oz. sausage (5½" long x 1" diameter)	231
pork, cooked, 1 link (4" long x ⅞" diameter)	62
pork, cooked, 1 patty (3½" diameter x ¼")	129
pork and beef, chopped, 4 oz.	383
Vienna, canned, 1 sausage (2" long)	38
Sherbet, orange, ½ cup	130
Shrimp:	
fresh, breaded, fried, 4 oz.	255
canned, drained, 10 medium shrimp	37
Soft drinks:	
cola, 1 cup	96
cream soda, 1 cup	105
fruit flavored (citrus, cherry, grape, etc.), 1 cup	113
root beer, 1 cup	100
Seven-Up, 1 cup	97
Soup, canned, condensed, diluted with equal part water:	
asparagus, cream of, 1 cup	65
beans with pork, 1 cup	168
beef broth, bouillon or consomme, 1 cup	31
beef noodle, 1 cup	67
celery, cream of, 1 cup	86
chicken consomme, 1 cup	22
chicken, cream of, 1 cup	94
chicken gumbo, 1 cup	55
chicken noodle, 1 cup	62
chicken vegetable, 1 cup	76
chicken with rice, 1 cup	48
clam chowder, Manhattan type, 1 cup	81
minestrone, 1 cup	105
mushroom, cream of, 1 cup	134
onion, 1 cup	65
pea, split, 1 cup	145
tomato, 1 cup	88
vegetable beef, 1 cup	78
vegetarian vegetable, 1 cup	78
Spaghetti:	
plain, boiled 8-10 minutes, drained, ½ cup	96
canned, in tomato sauce with cheese, ½ cup	95
canned, with meatballs in tomato sauce, ½ cup	129
Spinach:	
boiled, drained, leaves, ½ cup	21
Squash, summer:	
scallop variety, boiled, drained, sliced, ½ cup	15
yellow, boiled, drained, sliced, ½ cup	14
zucchini, boiled, drained, sliced, ½	11
Squash, winter:	
acorn, baked, ½ squash (4" diameter)	86
acorn, boiled, mashed, ½ cup	42
butternut, baked, mashed, ½ cup	70
butternut, boiled, mashed, ½ cup	50
Strawberries:	
fresh, whole, ½ cup	28
canned, water pack, ½ cup with liquid	27
Sugar, beet or cane:	
brown, ½ cup firm packed	411
brown, 1 tbsp. firm packed	52
granulated, ½ cup	385
granulated, 1 tsp.	15
powdered, unsifted, ½ cup	231
powdered, stirred, 1 tbsp.	31
Sunflower seed kernels, in hull, ½ cup	129
Sunflower seed kernels, hulled, ½ cup	406
Syrups:	
chocolate, thin-type, 1 tbsp.	46
corn, light or dark, 1 tbsp.	58
maple, 1 tbsp.	50
molasses, blackstrap, 1 tbsp.	43
molasses, light, 1 tbsp.	50
molasses, medium, 1 tbsp.	46
sorghum, 1 tbsp.	53
Tangerines, fresh, 1 average (2¾" diameter)	
Tomato juice, canned or bottle, 1 cup	46
Tomato juice cocktail, canned or bottled, 1 cup	51
Tomato paste, canned, ½ cup	108
Tomato puree, canned ½ cup	49
Tomatoes, ripe:	
raw, whole, 1 average (about 2½" diameter)	20
canned, ½ cup with liquid	26
Toppings: dessert:	
butterscotch, 1 tbsp.	52
caramel, 1 tbsp.	72
chocolate fudge, 1 tbsp.	62
pineapple, 1 tbsp.	56
Tuna, canned:	
in oil, solid pack or chunk style, drained, ½ cup	158
in water, all styles, with liquid, 4 oz.	144
Turkey:	
dark meat, roasted, 4 oz.	230
light meat, roasted, 4 oz.	200
canned, boned, ½ cup	207
Turnip greens:	
fresh, boiled in small amount water, drained, ½ cup	15
Turnips, boiled, drained, cubed, ½ cup	18
Vegetable juice cocktail, canned, 1 cup	
Vegetables, mixed, frozen, boiled, drained, ½ cup	58
Waffles, baked from mix:	
made with egg and milk, 1 round (7" diameter)	206
Walnuts, 10 large nuts	322
Watermelon, with rind, 1 wedge (4" x 8")	111
Wheat bran, commercially milled, 4 oz.	242
Wheat germ, toasted, 1 tbsp.	23
Yogurt, plain:	
partially skim milk, 8-oz. container	113
whole milk, 8-oz. container	140

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